

Introduce Tooth Healthy Foods!

Did You Know?

- Breast milk or formula is the primary source of nutrition for your infant.
- Beginning at about 6 months, infants may be introduced to solid foods (ask your medical provider when to begin serving solids).
- Tooth healthy foods are low in sugar and high in fiber and nutrients. Serving baby tooth healthy foods when he is ready will help prevent cavities.



Take the Healthy Mouth Challenge!

I will:

- Ask my baby's medical provider when to introduce solid foods.
- Introduce tooth healthy foods like squash, carrots, peas, and bananas.



Tooth Healthy Foods List



Apples
Bananas
Broccoli
Carrots
Cereals, low-sugar
Cheese
Cherries
Cottage cheese
Cucumber
Eggs
Fish
Grapes
Green beans
Lettuce
Meats
Melons
Nuts
Oranges
Peaches
Peas
Popcorn
Strawberries
Sweet potatoes
Tofu
Tomatoes
Whole grain breads
Whole grain crackers,
rice and pastas
Yogurt



Beverages:

Water
Milk

Tooth Unhealthy Foods List



Bread (White)
Breakfast cereal, sugary
Cake
Candy
Chips
Cookies
Crackers
Fruit snacks
Graham crackers
Granola bars
Gum—with sugar
Ice cream



Beverages:

Juice
Soda pop
Sports drinks
Sweet tea
Sweetened milk
Sweetened coffee

★ Choose and prepare foods that are **age appropriate** for your child.