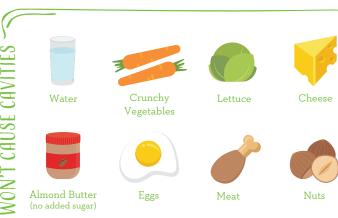
• SNACK GUIDE •



REMEMBER TO GIVE YOUR CHILD AGE APPROPRIATE FOOD. NUTS, HOT DOGS AND GRAPES ARE COMMON CHOKING HAZARDS IN YOUNG CHILDREN.



HIGHLY ACIDIC, PROCESSED AND DRIED (RAISINS) FOODS CAN CAUSE CAVITIES QUICKLY. THEY SHOULD BE EATEN AS TREATS, NOT EVERY DAY.





Foods high in carbohydrates, sugars and starches greatly contribute to the production of plaque acids that attack the tooth enamel and can result in cavities.



Fruit snacks and dried fruit (like raisins) should be avoided. They are full of sugar and stick to teeth, easily causing cavities.



When choosing a snack, go for nutritious foods such as cheese, raw vegetables, plain yogurt or a piece of fruit.



Drink water in between meals whenever you are thirsty.



Sports drinks should be avoided, even if they are low in sugar. They still contain acid for flavoring which can damage teeth.



Milk and juice (no more than 4 oz per day) should be limited to meal or snack time and be consumed in one sitting with food. Never "sip" a sugary drink.



Avoid snacking and eating all day long. Give your child at least 4 organized "mini-meals" a day.



Brush for two minutes, twice a day with a toothpaste containing fluoride. Don't rinse with water after brushing, it washes all that great fluoride off your teeth. Supervise young children to ensure they brush thoroughly. And remember to floss!



In the evening, avoid eating or drinking anything except water after brushing or you will need to brush again.



This is a guide made specifically for teeth, and not overall nutrition. There may be exceptions for individuals with dry mouth, acid reflux, genetic anomalies, hypoplasia, and unexpected circumstances.