

A Proper Diet Helps Teeth Stay Healthy!

Cavities can occur when the acids in plaque attack tooth enamel.

- Foods high in sugar and starch, and sticky foods that stay on teeth, encourage the production of cavity-causing acids.
- Beverages that are high in sugar and/or acids contribute to erosion of the tooth's enamel. Some of these infamous (and popular) culprits include Powerade, Gatorade, sodas and fruit juices.

Tips for your child's diet and dental health:

- Have your child drink at least one 12oz glass of fluoridated water a day.
- Do not let your child sip on juice all day. The "sippy cup" should not become a habit.
- Never let your baby sleep with a bottle. Constant nursing can also cause early tooth decay.
- Have 3 set meals and limit the frequency of snacking between meals.
- Provide low-sugar snacks such as:

-Fresh fruit, such as apples and oranges

-Cheese

-Popcorn

-Raw veggies

-Yogurt

-Chocolate

-Nuts



There are so many options for healthy snacking!

- Avoid sticky foods that stay on the teeth for a long time, such as:
 - Gummi Bears
 - Fruit-by-the-Foot
 - Fruit Rollups
 - Dried Fruits (raisins, craisins, etc.)
- If your child chews gum, chew only sugar-free gum. Look for sugar-free gums containing Xylitol.
- Ask your pediatric dentist or hygienist to assess your child's diet.



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