

healthy teeth, **HEALTHY ME**

how does **TOOTH DECAY** start?

Childhood is the most important time to build strong bones and teeth. If kids do not get the nutrients they need, especially calcium and vitamin D, they can put their current and future bone health at risk.

40% of preschool children drink more than 8 oz of soft drinks per day. The average child between 8 and 11 years old drinks 16 oz of soft drinks per day.

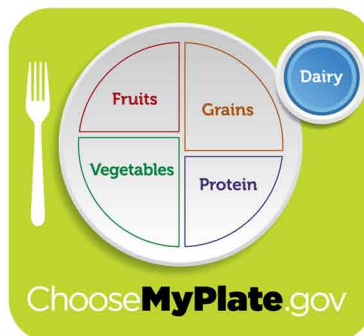
Children ages 1-2 should drink whole milk. When children are between ages 2 and 5, parents can gradually switch them to low-fat or fat free milk.



From Missouri Dental Association –
www.modental.org

- Sugar combines with bacteria in the mouth to form acid.
- This acid, plus the extra acid from soft drinks and sugary foods, attacks the teeth.
- Each acid attack lasts about 20 minutes, and acid attacks start over again with every sip or bite.
- Ongoing acid attacks weaken tooth enamel.
- Cavities begin when tooth enamel is damaged.
- Note: diet or “sugar-free” carbonated drinks contain acid that can harm teeth. And while fruit drinks aren’t carbonated, they contain acid and sugar that can lead to tooth decay.

what can **WE DO?**



- Provide a healthy, balanced diet that includes 3 servings of milk, cheese, or yogurt every day.
- Serve plenty of fruits and vegetables.
- Serve more whole grains.
- Keep healthy snacks and lunchbox items on hand, including yogurt cups, ready-to-eat fruits and veggies, cheese slices or cubes, whole grain crackers, and milk.
- Be an example for oral health. Teach your children how to care for their teeth and gums and make this a priority for your family.



Recent research shows **CHEESE** is one of the healthiest snacks for your child’s teeth! The calcium and phosphorus found in cheese work to strengthen the enamel of your child’s teeth. In addition to providing large amounts of much-needed calcium, cheese also:

- Fights cavities
- Stimulates the body’s salivary glands to clear the mouth of debris
- Protects teeth from acids that weaken them
- Disrupts the development of cavities

Enjoy cheese after a meal or as a snack.



The nutrients found in milk such as calcium, phosphorus, magnesium & vitamin D support the development of teeth & oral tissue.

snack IDEAS

- Yogurt Pops: freeze squeezable tubes of yogurt
- Dip your favorite fruit in low fat yogurt
- Grab low-fat string cheese for a quick snack or side in your lunchbox
- Sip on a glass of ice cold low-fat or fat free milk



Girls who drink carbonated beverages are 5 times more likely to have bone fractures than those who don't.

keep your **SMILE** healthy

According to a report from the U.S Surgeon General's office, oral health-related problems result in the loss of 51 million school hours each year. Combat tooth decay by getting children to brush for the recommended two minutes twice a day and encourage proper brushing and flossing techniques.

find these
**HEALTHY
SMILE**
words:



E L L K R G L F J Z R I
V Y O F B V H V O V U F
E C H E E S E U X Y M R
G L K D U F T M V U X U
E X D R C A L C I U M I
T C B U M T S S I L K T
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S G M C O U T R S K O X
U F L O S S H T U V V B

MILK
CHEESE
BRUSH
FLOSS
YOGURT
TEETH
BONES
CALCIUM
MAGNESIUM
FRUITS
VEGETABLES
GRAINS

useful WEBSITES

Milk and other dairy foods provide kids the calcium they need for proper growth & development.

St. Louis District Dairy Council:

www.stldairycouncil.org

American Academy of Pediatric Dentistry:

www.aapd.org

Missouri Dental Association:

www.modental.org

American Dental Association:

www.ada.org



The Nutrition Education People