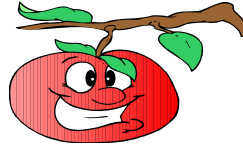


# Oral Health Matters

Working together to improve your oral health

## SNACK FACTS



### Sugar Snack Facts

- Eating a lot of snacks that have sugar may give your child cavities.
- Each time your child eats sugar, plaque in the mouth mixes with sugar to make acid. The acid hurts the teeth over time by eating away at the teeth.
- Your child needs to eat many kinds of foods: breads, milk and milk products, meat, vegetables and fruits.

### Tips for Good Snacks



- Do give your child snacks that are low in sugar like vegetables, cheese, or pretzels. These do not cause tooth decay like sweet snacks do.
- Do limit snacking between meals. When eating many snacks, the acid in the mouth is high. High acid levels can help make a cavity.
- Do limit the eating of soft, sticky sweets that get on and in between the teeth, like chewy candy or raisins. Sticky foods stay in the mouth longer and the acid can decay the tooth.
- Do brush your teeth after eating. It is important to prevent getting cavities.
- Do try to avoid sugary foods like gum, hard candies, and suckers that stay in the mouth for a long time.
- Do reduce the damage that can be caused by sweets by serving sweets with other foods or drink. Saliva or water in the mouth helps reduce the damage sugar can cause to the teeth.