



ORAL HEALTH KANSAS

ADVOCACY • PUBLIC AWARENESS • EDUCATION

Tips and Tricks: **Healthy Eating for a Healthy Mouth**



- Eat breakfast, lunch and dinner, preferably sitting down to enjoy your food — acid-producing bacteria that causes tooth decay remain on your teeth for twenty to thirty minutes after eating.

- Have planned snacks that you eat in a brief time period in between meals — snacking all day increases the amount of time the acid-producing bacteria remains on your teeth.

- Opt to have sweets as desserts immediately after a meal instead of waiting to snack on sweets in between meals — less dental decay is seen in the teeth of people who only eat sweets as desserts right after their meals.

- Foods with sugar eaten in between meals as a snack and sugar eaten in the foods that stick to the teeth like toffee, raisins, caramels, or hard candy generate more tooth decay.

- Beverages like fruit juice and milk contain sugar, and sipping these drinks throughout the day increases dental decay.

- Carbonated sodas like colas and fruit drinks are “double trouble” — the carbonation and sugar produce acid that eats at your tooth enamel.

- Chips, pretzels, cookies, french fries, and bread will produce as much acid as sweets — like sweets, fruit juices and carbonated sodas, foods made with processed starches also combine with acid-producing bacteria to cause tooth decay.

HEALTHY EATING FOR HEALTHY TEETH TIPS

- Eat a limited amount of foods with sugar and starches and serve them at meal times instead of as a snack.
- Limit snacking to planned times during the day.
- Offer children only 4-6 oz of juice a day.
- Choose fresh fruits, vegetables, meats, cheese, and yogurt plus whole grain breads, pasta and crackers.
- If you choose to drink carbonated beverages, drink them with meals and limit them to one each day.