

Healthy People

Healthy Snacking for your Kids

Back to school means after school snacking for most kids. For healthy teeth, how often your child eats is just as important as what they eat. Frequent snacking can increase a child's risk of decay.

Cavities can develop when sugar-containing foods are allowed to stay in the mouth for a long time. Bacteria that live in the mouth feast on these bits of food. They create acid, which eats away at tooth enamel. Between meals or snacks, saliva washes away the acid. If your child is eating frequently, there may not be time for this acid to get washed away. When most people think of sugar, they think of the white sugar that is found in candy and baked goods. But all foods that contain carbohydrates will ultimately break down into sugars. Bacteria doesn't care whether you eat a lollipop or a pretzel. It tastes the same to them!

Here are a few tips for snacking and mealtime:

- Give your child healthy snack foods, such as fresh fruits, vegetables and cheeses.
- Buy foods that are sugar-free or unsweetened.
- Serve sugary or starchy foods as part of a meal rather than as a snack. Most children drink liquids during a meal. This will wash many bits of food off the teeth. Saliva also does a good job of clearing the teeth.
- Avoid certain foods unless your child plans to brush right after he or she eats them. These foods get between teeth and are hard to remove from the grooves in the tooth surface. Some of these foods include:
 - Cookies
 - Dried figs
 - Granola bars
 - Jelly beans
 - Doughnuts
 - Potato chips
 - Pretzels
 - Puffed oat cereal
 - Raisins
- Offer fewer snacks.
- After your child snacks, make sure his or her teeth are brushed. If this isn't possible, have your child rinse with water several times.
- Encourage your child to choose xylitol-sweetened or sugar-free gum.

Source: www.simplestepsdental.com



Healthy Mouth Recipe

- 2 cups plain yogurt
- 2 tablespoons good honey
- 1/2 teaspoon pure vanilla extract
- 1/2 orange, juiced
- 1 banana, sliced
- 1/2 pint fresh blueberries
- 1/2 pint fresh raspberries
- 1 pint fresh strawberries, hulled and cut in half
- 1 bunch seedless green grapes, halved



Directions

Combine the yogurt, honey, and vanilla extract in a bowl and set aside. Combine the orange juice and banana slices in a separate bowl. Add the berries and grapes and gently mix the fruit mixture together. Spoon the fruit into serving bowls and top with the yogurt.