

Choose Tooth Healthy Foods!

Did You Know?

- Tooth healthy foods are good for your child's teeth; tooth unhealthy foods feed the germs causing acid attacks that weaken teeth and cause cavities.
- How often your child eats is as important as what he eats. Snacking or "grazing" all day long causes constant acid attacks on teeth; constant acid attacks cause cavities.



Take the Healthy Mouth Challenge!

I will:

- Offer my child tooth healthy foods.
- Limit eating to snack and meal times.
- Hang up the tooth healthy and tooth unhealthy foods list to remind me to offer tooth healthy foods to my child.

