

Introduce Tooth Healthy Foods!

Did You Know?

- Breast milk or formula is the primary source of nutrition for your infant.
- Beginning at about 6 months, infants may be introduced to solid foods (ask your medical provider when to begin serving solids).
- Tooth healthy foods are low in sugar and high in fiber and nutrients. Serving baby tooth healthy foods when he is ready will help prevent cavities.



Take the Healthy Mouth Challenge!

I will:

- Ask my baby's medical provider when to introduce solid foods.
- Introduce tooth healthy foods like squash, carrots, peas, and bananas.

