



Tooth Fairy Quick Tips Kids and Cavities

Foods that stick to the teeth are more likely to cause cavities. Most people think of sugary foods as the worst offenders, but starches such as crackers, chips, granola bars and hot Cheetos can also cause cavities. Fruit juice, fruit drinks and sports drinks basically contain sugar water. They are no better for your teeth than soda.

Choose 1% or non-fat milk, low-fat cheese, yogurt, lean meats, hard boiled eggs, vegetables and fresh fruits for in between meal snacks. Give your children a bottle of water for school rather than a juice box.

Factors Affecting the Risk for Dental Cavities

- Frequent snacking increases the risk of dental cavities
- Eating high sugar foods after a meal decreases the risk for cavities compared to eating them alone.
- Milk and cheese products inhibit tooth decay because of their buffering effect. Consuming them along with sugar or starch decreases the risk for cavities.
- Eating sticky or dry foods that remain on the teeth increases the risk of cavity development. Brushing after eating significantly decreases that risk.



Encourage your children to brush their teeth after each meal and to floss once a day. Good dental health is a part of good general health