

## Fun Foods That Are Good For Your Teeth

Whether you are old or young, good oral health includes good nutrition. Eating smart is good for your teeth and the rest of your body. Foods like raw vegetables, fresh fruits, or whole grain crackers and breads are low in sugar and have great nutritional value. Eating the right foods can help protect you from tooth decay, but being cavity free is only one part of good oral health. It is important to see your dentist regularly so if there is a problem, it can be diagnosed and treated quickly.

### Foods that Cause Tooth Decay

Sugary drinks (soda, juice, sweet tea) and foods that stay in the mouth longer increase the risk for tooth decay.

### Ways to Avoid Tooth Decay

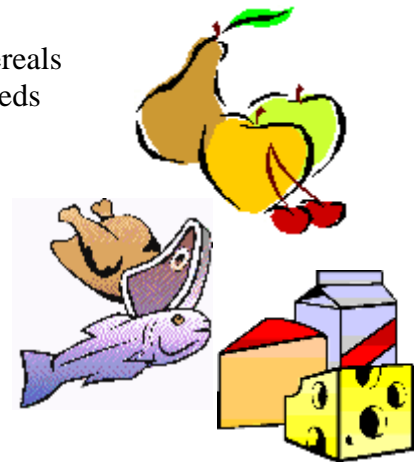
- Avoid eating hard candies throughout the day.
- Try to brush your teeth after every meal.
- End a meal with a crunchy and nutritious food such as an apple or carrot to help scrub your teeth.
- Drink water instead of sugary drinks.

### Foods That Should Be Eaten in Moderation

Raisins	Cake	Jam	Candy
Breads	Gummy candy	Peanut butter	Pasta
Chocolate	Potato chips	Pretzels	Soda
Crackers	Caramel	Sweet tea	Juice

### Fun and Nutritious Foods

- Fruits
- Vegetables
- Nuts
- Yogurt
- Chicken
- Eggs
- Turkey
- Pumpkin seeds
- Non-sugar cereals
- Sunflower seeds
- Plain bagels
- Pizza
- Popcorn
- Tacos
- Cheese



### Remember

- Choose sugary foods less often.
- Avoid sweets between meals.
- Floss and brush your teeth with fluoride toothpaste after snacks and meals.