**Eating for a Healthy Smile**

**Dairy Foods Deliver!**
Dairy foods are packed with nutrition needed by both children and adults. Milk, cheese, and yogurt help develop strong teeth and reduce cavity risk.

**Pick Non-Stick Sweets!**
Sticky sweets remain on teeth longer than non-sticky types. Tooth enamel exposed to sticky foods has a greater chance of breakdown.

**Choose:**
- chocolate candy
- pudding
- frozen yogurt
- ice cream
- cut-up fruit

**Instead of:**
- hard candies
- jelly beans
- raisins
- dried fruit rolls or bits

**Be Snack Smart!**
Limit the number of between-meal snacks. Eating a handful of sweets all at once is better than having several snacks throughout the day. The less time sugary foods have contact with teeth, the less chance of tooth decay.

**Did You Know...**
- Getting enough calcium may lower your risk of gum disease. A strong jawbone, reinforced by adequate calcium is better equipped to resist deteriorating bacteria.
- When children begin to cut their teeth, their diet continues to affect tooth and enamel development, even in those that are hiding just under the gum.
- Saying cheese may help your smile! Cheeses like Cheddar, Mozzarella, Swiss and American have been shown to keep the mouth's acid levels low which protects cavities from forming.