

# Cavity Free Guide

## Tooth decay

is the most common childhood disease in the United States.



## Prevention starts at birth



- › **Don't put your baby to bed with a bottle of milk or juice.**
- › Start brushing when baby's first tooth comes in.
- › Use a smear (size of a grain of rice) of fluoride toothpaste.
- › *Encourage switching from bottle to sippy cup at 12 months*



- › **Watch as your child brushes twice daily.**
- › After age **2**, use a pea-size amount of fluoride toothpaste.
- › Ask your baby's doctor about fluoride varnish.



- › Make sure your child brushes twice daily with fluoride toothpaste.
- › Over-the-counter fluoride rinses are not recommended for kids under age 6.
- › Your child should floss at least once a day.
- › **Visit the dentist twice each year.**

# Snack Guide

## Won't Cause Cavities



(Low Carb foods) \*

- Raw, Crunchy Vegetables
- Raw, Leafy Vegetables
- Cheese
- Nuts
- 100% Nut butters
- All Meats
- All Fats
- Water
- Eggs

*If you are thirsty, drink water!*

## (Usually) Won't Cause Cavities



- Whole Milk
- Fresh Fruit
- Whole grain bread
- Popcorn
- Smoothies
- Dark Chocolate (>70% Cacao)
- Yogurt
- Ice Cream
- Dips & Sauces
- Oatmeal

*Don't get carried away, but it rinses away better than other desserts.*

## Causes Cavities Easily



- Candies
- Soda
- Juice
- Chocolate milk
- Cookies
- Dried fruit
- Fruit snacks/strips
- Dried flour cereals
- Pretzels
- Crackers
- Bananas
- Sports Drinks



\*This snack guide is for educational purposes to explain the role of nutrition in the caries process. Please consider your child's overall systemic health, and consult with Dr. Zee or another Pediatric Dentist before making any major dietary changes.