

# Smart Food Choices for Healthy Kids' Teeth

## Cavity-Prevention Checklist

### **Best Choices – Eat These More Often**

- Water and plain milk
- Cheese, yogurt, and calcium-rich foods
- Apples, carrots, celery & crunchy vegetables
- Nuts and seeds
- Lean proteins and whole grains

### **Foods & Drinks to Limit**

(3–4 minutes – Most Important of the Day)

- Floss or clean between teeth first (removes plaque brushing can't reach)
- Brush for a full 2 minutes with fluoride toothpaste
- Spit – do not rinse (lets fluoride work longer)
- Clean your tongue again
- Optional: Use an ADA-accepted antimicrobial mouthwash if recommended by your dentist

### **Daily Smart Snacking Habits**

- Offer sweets only with meals (not between)
- Give water after every snack and meal
- Rinse mouth with water after eating
- Avoid sipping drinks (except water) all day
- Pack crunchy fruits/veggies for school or lunchbox