Good Nutrition for Healthy Teeth

What we eat is important for healthy growth and development

- Choose healthy foods like fresh fruits, vegetables, whole grains, dairy, lean meat, fish, chicken, eggs, beans and nuts
- Make a habit of eating a balanced diet. Fruits and vegetables should fill half the plate

During Pregnancy

- Eat foods high in folic acid to reduce the risk of one of the most common birth defects — cleft lip and palate
- Good sources of folic acid are dark leafy greens, citrus fruits, nuts, beans, peas and lentils
- Baby’s teeth start to develop early in pregnancy. Eat foods rich in vitamins A, C and D, protein, calcium and phosphorous to make baby’s teeth strong
- Dental treatment is safe and recommended during pregnancy to keep you and your baby healthy!

Tips for Healthy Snacking

- Keep fruits and vegetables in your home to offer as healthy snacks
- Cheese, yogurt and nuts also make great snacks
- Eat fewer sugary and starchy foods like cookies, crackers, chips, candy
- Avoid sticky or sour snacks, such as gummy bears, caramel, dry fruits and sour candy
- Limit snacks to twice a day

Water—the best drink for a healthy body

- Drink plenty of water throughout the day, especially between meals and snacks
- Tap water has fluoride for healthy teeth and is safe to drink
- Drink water or low fat milk instead of beverages high in sugar such as juice, fruit-flavored drinks or soft drinks

Remember ...

Start brushing your child's teeth when the first tooth comes in.
Take your child to the dentist by age 1.
Use Xylitol mints and gum to reduce the germs that cause cavities.
And visit the dentist regularly!