



Snacking for Healthy Teeth



Choose Healthy Snacks

- ✓ Cheese and Yogurt
- ✓ Cucumbers and Baby Carrots
- ✓ Plain Popcorn and Nuts
- ✓ Fresh Fruit
- ✓ Water
- ✓ Unflavored Milk
- ✓ Whole Grain Cereals
- ✓ Meat



Limit Cavity Snacks

- ✗ Sweets
- ✗ Granola Bars
- ✗ Dried Fruit
- ✗ Crackers
- ✗ Sticky Fruit Snacks
- ✗ Sugary Cereals
- ✗ Pretzels
- ✗ Sugary Drinks (Juice, Sports Drinks, Soda)

What causes cavities?



Medicaid covers dental!

Apple Health (Medicaid) covers dental services for children under 20.

To apply, visit:

WAHealthPlanFinder.org

To find a dentist for people of all ages, visit:

DentistLink.org

“Good health must include good oral health. Preventing cavities early will lead to a lifetime of better health for your child.”



Dr. Ben Danielson
Pediatrician

ARCORA

The Foundation of
Delta Dental of Washington

ArcoraFoundation.org

6 Things you might not know about kids’ teeth...



1 HOW often kids snack –not just what they eat– can be harmful to their teeth.

- Teeth need time to rest and repair between meals and snacks. Grazing on snacks or sipping juice or sports drinks all day causes cavities.



2 BABY teeth matter.

- Baby teeth help children chew food and speak clearly.
- Baby teeth help maintain the space for adult teeth.
- Cavities in baby teeth can cause pain and affect your child's ability to sleep, learn and pay attention in school.

3 BABIES need their teeth checked by their first birthday.

- Cavities can start as soon as teeth appear. Cavities in baby teeth can lead to cavities in adult teeth.
- Schedule an oral health checkup with a dentist or doctor by your baby's first birthday. They will look for early signs of decay and provide tips for taking care of baby teeth.
- Ask your dentist or doctor about fluoride (floor-eyed) varnish. Fluoride is a mineral that strengthens teeth and prevents cavities.

4 CAVITIES are preventable.

- Drinking water is healthy and helps prevent cavities. Fluoridated water is best.
- Visit the dentist regularly. Apple Health (Medicaid) and most dental insurance plans cover two preventive dental visits each year.
- Ask your dentist about sealants — they protect teeth from cavities.

5 KIDS need help brushing until they are at least 6.

- Brush twice a day, two minutes at a time, with a small amount of fluoride toothpaste — the size of a grain of rice until age 2, the size of a pea after that. Floss once a day as soon as teeth touch.
- Use songs and a two-minute timer to make tooth brushing fun!
- Make brushing a family affair. Set a good example by taking care of your own teeth.



6 TEENS need reminders to protect their healthy smiles.

- Popular and convenient snacks like crackers, fruit leather and sport drinks are major cavity-causers, as they are high in sugar and carbohydrates (think sweet or sticky = cavities).
- Remind teens to brush twice a day with fluoride toothpaste and floss daily, if for no other reason than to prevent bad breath!
- Encourage the use of mouth guards when playing sports and discourage oral piercings (they can break or chip teeth).