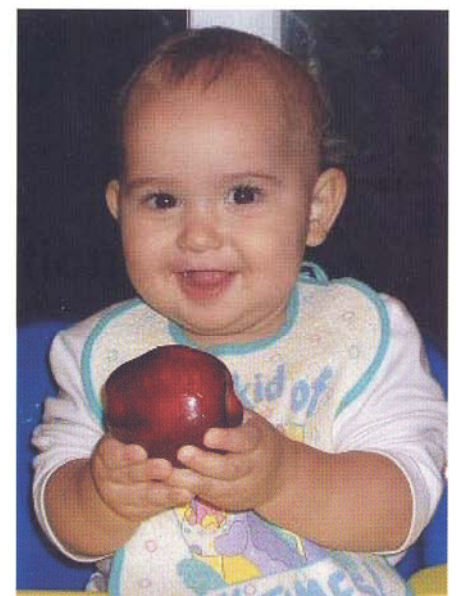


# Eat the Right Foods

- Healthy diet for strong teeth.
- Limit sweets.
- Avoid sticky foods.
- Any food can cause decay if you do not brush.



- Give your child a healthy diet.
- Limit sweets and avoid sticky foods.
- Give tooth-friendly snacks from a variety of food groups:
  - Crisp, crunchy raw foods:
    - Carrot sticks, green pepper strips, apples, oranges and other fruit.
  - Grain products:
    - Bread, tortilla chips, pretzels, crackers.
  - Milk and dairy products:
    - Milk, yogurt, cheese, cottage cheese.
  - Meats.
- Any food can cause cavities if you do not brush:
  - Remember to brush teeth with fluoride toothpaste after snacks and meals to remove plaque (bacteria) from the teeth.