

Food Tips For Healthy Children's Teeth

- Try to avoid sugary food and drink and buy foods high in fibre and nutrients.
- If you're looking for a healthy snack, make high-fibre vegetables and fruits, like apples, a part of your child's diet.
- Not only do fruits like apples remove plaque, but they're also a good source of vitamin C and other nutrients that protect your child's teeth from bacterial infection and cell damage.
- Make it a habit to buy healthy snacks for your kids, like fruits rich in fibre that can be peeled and sliced wherever you are.
- Dairy products such as milk, cheese, and yoghurt are good sources of calcium and phosphorus that can protect your tooth's enamel.
- Plain yoghurt contains probiotics which are good bacteria that may reduce the risk of developing gum disease and other oral problems.
- Milk neutralises some plaque bacterial acids that can cause cavities and decay.
- Leafy greens and vegetables are good sources of folic acid that promote good gum and tooth health.
- Green leafy vegetables also break plaque and stimulate the production of saliva.
- Broccoli, for example, is a good source of vitamins, nutrients, and minerals that protect your overall health, including your smile.
- Besides food, children also need to take healthy drinks that promote good oral health. Less exposure to sugar means a reduced risk of cavities.
- Not only does water avoid constipation, but it also helps them wash away any sugar that they ate throughout the day.
- Soft drinks, juice, and energy drinks have high levels of sugar that can increase the chances of your child being overweight, obese, and suffering from tooth decay and discoloured teeth.
- Some of these drinks can also contain caffeine which can have a detrimental effect on your child's energy, fatigue, concentration, and mood.

More tips and suggestions & recipes can be found here:

journey.edu.au/future-foodies/

