

KidFood

Healthy Eating for Today's Kids!



Cornell University
Cooperative Extension
Genesee County

February 2008
Volume 11, Issue 2

Your Child's Smile

Nothing is sweeter than your child's smile.
Your child's smile starts with healthy teeth.

**Help your child have a healthy smile
by taking care of his teeth.**

You probably remember your child's first tooth.
Most babies get their first tooth around the age
of 6 months. By the age of 2 to 3 years,
most children have all 20 baby teeth.

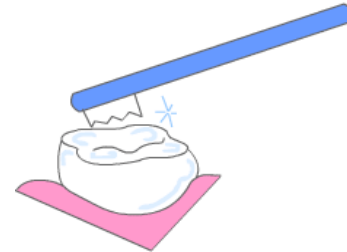
Baby teeth are important!

Toddlers need these teeth to learn how to eat.
Baby teeth also help a toddler learn how to speak.
Baby Teeth help shape your baby's face and jaw,
and help to keep adult teeth straight.

Children usually start getting their adult teeth
around the age of 5 to 6 years.

Healthy adult teeth start with healthy baby teeth.

- Help your child brush and floss his teeth until he is 6 or 7 years old.
 - Brush your teeth twice a day, in the morning and before bedtime.
 - Use toothpaste with fluoride.
- Put only a pea sized amount of toothpaste on your child's toothbrush. Teach your child to spit out the toothpaste after he brushes his teeth.
- Drink water with fluoride. If your water does not have fluoride, ask your doctor or dentist for a fluoride supplement.
- Use fluoride supplements (or water with fluoride) until your child is 16 years old.



- Offer water between snacks and meals.
 - Limit juice to 6 ounces each day. Drinking juice and other sweet drinks throughout the day can cause cavities.
 - Don't let your child go to bed with a bottle or sippy cup.
- Don't let your child walk around the house with a bottle or sippy cup.
- Have 2 to 3 planned snacks during the day. Snacking all day long is not good for your child's teeth and can cause cavities.
 - Wean your toddler from a bottle by 1 year of age.
 - Wean your toddler from a sippy cup as soon as possible. Use a regular cup without a lid when eating meals and snacks. Put a small amount of milk, juice or water in the cup. Refill as needed to limit spills.

Your child is watching!

Practice good dental health
habits with your child.

Smart Snacking

Protect your child's teeth!

♥ **Eating sweets often during the day can cause cavities.** Bacteria are always living in your child's (and your) mouth. These bacteria use sugar to make acid. This acid can cause cavities. Limit sweets!

♥ **Holding sweets in the mouth for a long time can cause cavities.** Sucking on hard candy will keep sugar in your child's mouth for a long time. Drinking sweet drinks and juice often during the day can cause cavities.

♥ **Sticky and chewy sugary foods can stick to your child's teeth and cause cavities.** Sticky sweets and fruit rollups can stick to teeth and cause cavities. Choose real whole fruit for snacks.



Healthy Chewing

Sticky and sugary foods can cause cavities. Offer these healthy snacks:

- Fresh fruit – apple slices, bananas, oranges, clementines, pineapple, melon chunks, kiwi
- Fruit canned in juice – canned peaches, pears, mixed fruit, mandarin oranges
- Yogurt with berries – strawberries, blueberries or raspberries
- Dry cereal – cheerios, kix, chex mix
- Baby carrots or carrot slices
- Broccoli or cauliflower pieces
- Cheese slices, string cheese, cheese curds
- Hard cooked eggs
- Turkey or ham rolls – roll a slice of turkey or ham around a breadstick and eat
- Lettuce rolls – roll a leaf of lettuce around a slice of turkey, ham or cheese
- Tacos or quesadillas

Who's watching who?

Want your child to eat healthy snacks?

Eat healthy snacks with your child.

Your child will not want to eat an apple if he sees you eating candy.

Eat an apple with your child!

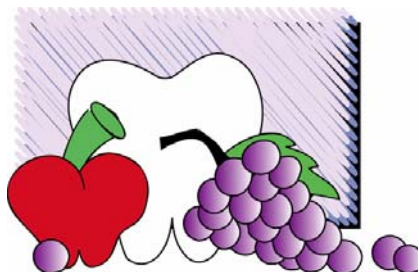
Small children want to eat what they see.

Keep healthy snacks in your house.

Do not buy soda, chips, candy and other sweets every time you go to the store. You have control over what types of food are in your home.

It is okay to have an occasional sweet, but not every day. Once or twice a week is enough.

When you have a sweet food, eat a small amount. Your child is watching and learning!



KidFood is published 12 times a year. © 2008 – Nutrition Matters, Inc. The content of KidFood is not intended to provide medical advice; this should be obtained from your health care provider. Reproduction of this publication without a license to copy is a violation of federal copyright law and is prohibited. Nutrition Matters, Inc. 2809 East Hamilton Avenue, Dept. 109, Eau Claire, WI 54701 – www.numatters.com. This material is funded by the USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact Cornell Cooperative Extension at 585-343-3040.

Cornell Cooperative Extension of Genesee County provides equal program and employment opportunities.