



# Children

need a nutritionally balanced diet to help create a healthy smile. Select foods from the USDA Food Guide Pyramid, including grains, fruits and vegetables, dairy foods and meat. Remember, any food that contains sugar or starch can cause cavities. Eating a slice of bread, bowl of cereal, chocolate bar, cookie or gumbop are not much different when it comes to their potential for causing tooth decay. You can still enjoy these foods—just be sure to practice good dental hygiene. Here are some tips:

- Limit snacking to four times a day.
- Ask your child's dentist about dental sealants.
- Brush at least twice a day with a fluoridated toothpaste.
- Begin regular dental check-ups as soon as a child's first tooth appears.