

Are you what you eat?

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Most everyone has heard, “You are what you eat!” But, they probably weren’t the parent of a toddler or child who was a picky eater or who only liked snacks. Forming healthy eating habits in our



children is one of the hardest things a parent has to do, especially with so many commercials on television advertising fun, colorful and interesting foods and snacks that aren’t healthy.

The real fact is that eating habits develop early and are easily influenced by what children see and hear, AND from watching their caregivers. Eating habits not only affect your general health and your child’s health, they can also affect the health of teeth and gums. Eating regular nutritious meals and limiting in between meal snacks will help prevent cavities. Large amounts of sticky, sugary foods and drinks are not good for our bodies, but the frequency of how often you eat these creates an even bigger risk of forming cavities and dental disease.

Healthful Hints for a Healthy Mouth

1. **Limit sugary foods and drinks to mealtime.**
2. **Wipe or brush your child’s teeth after each meal.**
3. **Offer only 100% juice. Also, try diluting the juice with water by half.**



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Suggested Healthy Snacks and Drinks

1. Fresh Fruit
2. Fresh Vegetables
3. 100% Fruit Juice
4. Popcorn
5. Yogurt
6. Ice Cream and Popsicles



Snacks and Drinks to Avoid

1. Soda
2. Kool Aid
3. Hi C
4. Hawaiian Punch
5. Raisins
6. Potato Chips
7. Fruit Snacks, like Fruit Roll Ups, Gushers, Fruit by the Foot
8. Sticky Candy like gummy bears, Swedish Fish and Skittles

