Tooth Friendly Snacks and Recipes

• Rolled up lean ham or turkey slices
• String cheese or cheese slices
• Cottage cheese
• Yogurt
• Hard Boiled Eggs
• Celery stuffed with peanut butter*

Vanilla Smoothie
Mix in blender until smooth.
1/2 cup of orange juice with added calcium
3-4 strawberries
1/2 banana
ice cubes
1/2 cup of fat free or low fat vanilla yogurt

Peanut Butter Shake
Mix in blender until smooth.
1/2 cup milk
1 TBSP peanut butter*
1/2 banana mashed

Adapted from Alabama Department of Public Health WIC Program

* Peanut Butter is a choking hazard for children under 5. Watch your child carefully if you offer it.

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Give Your Child Something to Smile About
Did you know that baby teeth are important for your child’s healthy smile, even later in life?

- Baby teeth hold space for adult teeth.
- Baby teeth help your child chew food and talk clearly.
- Healthy baby teeth are a part of overall health.

Tooth problems are serious. They can be painful and dangerous for your child.

Problems with your child’s teeth can cause serious infections and can sometimes be life-threatening. Sometimes your child may have to be operated on to take care of the problem. There is always a risk with an operation and it can be very expensive. It is also hard on your child.

The good news is that tooth problems can be prevented!

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Ten Steps to a Beautiful Smile

1. Take care of yourself! Keep your own teeth and gums clean. Go to the dentist two times per year.
2. Plan for one year old. Take your child to the dentist at one year old.
3. Check your child’s teeth frequently. If you see chalky, white spots, take your child to the dentist as soon as possible. This is the beginning of tooth decay and it will get worse very fast.
4. Keep them clean! Clean your baby’s teeth and gums every day by wiping them with a washcloth at least once a day.
5. Careful with bottles. Use only formula, water or breastmilk in bottles.
6. Cuddle that baby! Hold your baby when you feed him. Don’t let her suck on the bottle for long periods of time or go to sleep with a bottle or your breast in her mouth.
7. Switch the bottle for a cup. Start a cup at 6 months.
8. Make one year the goal. Plan so your child is off the bottle by one year old.
9. Easy on the juice. Limit juice to 2 to 4 ounces a day. Dilute the juice with water.
10. Feed them often. Serve your young child three meals and 2 snacks a day. Offer healthy snacks to young children (see back for ideas).