

Healthy Food for a Happy Smile

Offer healthy food and drinks that are lower in sugar to help prevent cavities and give your child a confident smile!

Did You Know?

- Sugary foods such as cake, sweets, lollipops, sweetened cereals and fruit drinks may cause cavities.
- Sticky, sweet foods can get stuck to teeth and are harder to brush off.
- Eating a variety of healthy food is good for your teeth and gums.

Tips for Choosing Tooth-Friendly Food and Drinks

- Choose healthy food such as cucumbers, apples, cheese or hard-boiled eggs.
- Avoid sticky, sugary foods such as jelly beans, fruit gummies and raisins.
- Drink tap water instead of pop, juice or fruit drinks.
- Avoid food and drinks that have sugar listed as one of the first ingredients.
- Some packaged foods contain sugar, but may not have the word "sugar" listed on the label. Check the ingredient list for added sugars such as:
 - corn syrup, dextrose, fructose, glucose, maltose, sucrose, honey or fruit juice concentrate

What about Artificial Sweeteners?

- Artificial sweeteners, such as aspartame, sucralose and stevia, are sugar substitutes that have a sweet taste and contain little or no nutrients.
- Children should avoid food and drinks with artificial sweeteners as they may replace other healthy choices.

Water is the Better Choice

- Tap water is the healthiest choice to quench thirst and to keep teeth clean.
- Help your kids drink more water:
 - Offer tap water between meals and snacks
 - Fill a reusable water bottle with tap water for school and on the go
 - Order tap water when eating out

Make Healthy Choices as a Family

- Visit a dental professional regularly (at least once a year). A child's first dental visit should be by one year of age.
- Brush teeth at least two times a day for two minutes each time. If you cannot brush your teeth, at least rinse your mouth with water.
- Choose healthy food and drinks that are lower in sugar.



**For more information, contact the
Region of Peel – Public Health at 905-799-7700.**

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Check the list below to see how many teaspoons of sugar are in different food and drinks.

● = approximately 1 teaspoon of sugar = 5mL = 4g of sugar

	Instead of			▶	Offer lower sugar choices		
Drinks	Apple juice	½ cup	● ● ●	▶	Water		
	Chocolate milk	½ cup	● ● ●	▶	Plain milk	½ cup	● ●
	Pop	1 can	● ● ● ● ● ● ● ● ● ●	▶	Water		
Cereal	Sweetened oatmeal	¾ cup	● ● ● ●	▶	Unsweetened oatmeal with fresh or frozen fruit and cinnamon	¾ cup	●
	Sweetened cereal	1 cup	● ● ●	▶	Plain/unsweetened cereal	1 cup	
Fruit	Canned fruit in heavy syrup	½ cup	● ● ● ● ● ●	▶	Canned fruit packed in water	½ cup	● ●
	Sweetened applesauce	½ cup	● ● ● ● ●	▶	Unsweetened applesauce	½ cup	● ● ●
	Dried apple slices	½ cup	● ● ● ● ● ●	▶	Raw apple slices	½ cup	●
Snacks	Flavored yogurt	½ cup	● ● ● ●	▶	Plain yogurt	½ cup	●
	Chocolate pudding	½ cup	● ● ● ● ●	▶	Plain yogurt with fruit	½ cup ¼ cup	● ●
	Ice cream, vanilla	½ cup	● ● ● ● ●	▶	Fruit smoothie (frozen fruit with milk)	½ cup	● ●
	Store bought chocolate chip muffin	1 medium	● ● ●	▶	Whole wheat English muffin with cheese	1 muffin	●
	Glazed doughnut	1 medium	● ● ● ● ●	▶	Whole grain bagel with cheese	1 medium	● ●
	Chocolate chip cookies	2 cookies	● ●	▶	Plain Arrowroot cookies	2 cookies	●
	Chocolate bar	1 medium	● ● ● ● ●	▶	Plain granola bar	1 medium	● ●
	Fruit gummies	¼ cup	● ●	▶	Fresh blueberries	¼ cup	●

Remember:

Fresh or frozen vegetables, lean meats, lentils and beans are also healthy choices that are lower in sugar.

You are Your Child's Best Role Model!

When you choose healthy options and take care of your teeth, your child will learn to do the same.

For more information about oral health, visit: www.peelregion.ca/dental.