



a GREAT PLACE to
gROW a SMILE



Lake Jeanette

ORTHODONTICS & PEDIATRIC DENTISTRY

Comprehensive dentistry for children ages 1 - 18

Orthodontics for children, teens and adults

NUTRITION TIPS FOR HAPPY SMILES

Anytime Foods/BEVERAGES:

(These are items that you can eat anytime because they are good for your body and good for your teeth.)

Food: Fruits, Vegetables, Cheese, Nuts, Sugarless gum

Beverages: Water, Sugar-Free beverages



Mealtime ONLY Foods/BEVERAGES:

(These are items that are nutritious BUT can cause tooth decay. NOT recommended for snacks. They are recommended for mealtime only when saliva is flowing. Saliva helps reduce the acid that causes cavities.)

Food: Crackers and chips (carbohydrates break down into sugar), and raisins (loaded with natural sugars and they stick to teeth)

Beverages: Milk and juice (both contain natural sugars that cause cavities)

SOMETIMES Foods/BEVERAGES:

(These items are called “junk food” and should be consumed in moderation, and your teeth should always be brushed afterwards to prevent tooth decay.)

Food: Fruit roll-ups and candy (especially sticky candy's)

Beverages: Sweet drinks including sodas and sweet tea

