

Snacking: A Slippery Slope to Cavities

Your child's diet can affect his or her teeth. And sugar isn't the only culprit; many snack foods are to blame, too. Here are some healthy nutrition habits to help protect baby teeth:

- Don't give kids soda in a sippy cup. This encourages them to nurse it all afternoon, leaving sugar on the teeth. Instead, give kids calcium-rich low-fat milk.
- Limit sweet snacks, crackers, potato chips, and other starchy foods.
- Avoid gooey or chewy sweets. They stay on the teeth longer than foods that your child will swallow quickly.
- Have sweets as a dessert after a meal instead of between meals.



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