

CAVITY PREVENTION FOR CHILDREN AND ADOLESCENTS

Dietary Recommendations

- How often you have sugary foods and drinks is more important than how much sugar you have at one time.
 - ▶ It is much worse for your teeth to drink a cup of juice slowly than to just drink it all at once!
- Limit how much sugar, sweets and carbohydrates you eat. This includes crackers, dry cereals and cookies.
- If available, raw fruit and vegetables, cheese and unsweetened yogurt are healthy snacks for teeth.
- Limit eating sugary snacks that stick to your teeth, including:
 - ▶ Raisins & other dried fruit
 - ▶ Granola bars
 - ▶ Fruit bars



- Only drink water between meals.
- Watered down juice still has sugar and acid that can cause cavities.
- Drink juice, milk or other drinks with natural or added sugar only with meals or snacks.
- Bottles and sippy cups should only contain water if they are used at night.
- Limit the amount of drinks containing natural or added sugar such as:
 - ▶ Pop
 - ▶ Fruit juices
 - ▶ Milk
 - ▶ Infant formulas

Sharing Cavities?!



- People with cavities can spread the bacteria that causes cavities.
- Some of the ways that this can happen are:
 - ▶ Sharing food
 - ▶ Sharing straws, cups, spoons, pacifiers, etc.
 - ▶ Kissing on the mouth

References

Oral health during pregnancy and early childhood: Evidence-based guidelines for health professionals. Publication. Feb. 2010. CDA Foundation. July 2013 <Available at: http://www.cdafoundation.org/library/docs/poh_policy_brief.pdf>.

Moynihan P, Petersen PE. Diet, nutrition and the prevention of dental diseases. Public Health Nutr 2004;7(1a): 201.

Additional Resources

Parent Health Education Resource Working Group. Loving Care: Birth to 6 Months. [Halifax]: Nova Scotia Department of Health and Wellness, 2012.

Parent Health Education Resource Working Group. Loving Care: 6 to 12 Months. [Halifax]: Nova Scotia Department of Health and Wellness, 2012.

Parent Health Education Resource Working Group. Loving Care: 1 to 3 Years. [Halifax]: Nova Scotia Department of Health and Wellness, 2012.

Parent Health Education Resource Working Group. Loving Care: Parents and Families. [Halifax]: Nova Scotia Department of Health and Wellness, 2012.

For access to the Loving Care series, visit: <http://novascotia.ca/dhw/lovingcare/>