

Tooth Talk

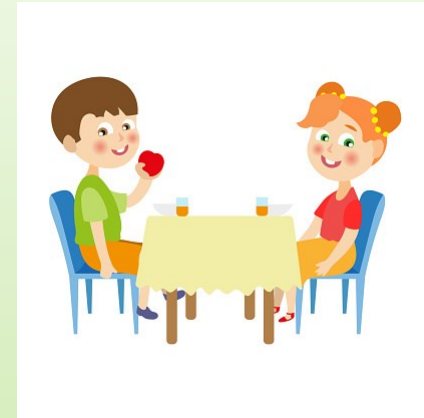
What's the big deal with Juice?

- Many Juices contain large amounts of sugar, just like in pop. Almost all fruit juices are acidic.
- Having sweet drinks will cause tooth enamel to slowly dissolve, causing tooth decay. It especially affects children who naturally have a hard time brushing properly.

Is there a safer way for children to enjoy juice?

Yes, minding these points:

- Choose 100% real juice with no added sugar.
- Avoid juice that says cocktail, beverage, punch or drink on the label.
- Drink only 1 cup (250ml) of juice per day



Quick Tips for Busy Parents:

- Cheese helps prevent cavities, especially when eaten as a snack or at the end of a meal. The calcium and phosphorous found in cheese decreases the plaque's ph level and re-mineralizes the enamel on your child's teeth.
- Sealants can seal the deal for healthy teeth. "Sealants" refer to a white plastic material that is painted and cured in the deep pits of the teeth to prevent cavities in hard to reach areas.
- Flossing should be done nightly. Parents should help young children to reach in-between the back molars. Using floss sticks with a dab of fluoridated toothpaste can help to slide the floss in with ease.