



Infant Nutrition and Oral Health

Is it okay to put my baby to bed with a bottle?

- Infants should be held during feedings.
- To prevent tooth decay, do not give your child a bottle or 'sippy cup' filled with any sweet liquid (e.g. juice, sweetened water, soda, pop, or milk) at nap or bedtime.
- Instead, fill the bottle or cup with water, then remove the cup once they are finished.

What foods are the healthiest for young children?

- Snacks that are low in sugar, such as raw fruits and vegetables, cheese and yogurt are best.
- Avoid giving your child sugary foods such as soda (pop), candy, cookies, sweetened cereals, and fruit roll-ups between meals.
- Choose healthy foods to provide your child with a well-balanced diet to maintain good dental and physical health.
- Eating a piece of fruit is healthier than drinking fruit juice.

When is the best time to offer my child a sugary 'treat'?

- Serve food containing sugar only with meals and limit the amount.
- Frequent sugary foods increases the chance of developing tooth decay.
- If your child has a bedtime snack, brush his or her teeth with fluoride toothpaste before going to bed.

What does sugar do to the teeth?

- Sugar is one of the main causes of tooth decay.
- Acid is formed when dietary sugar and mouth germs combine on the tooth enamel. The acid weakens tooth enamel and eventually forms a cavity.
- Reducing sugar intake lowers the risk of tooth decay.

Healthy Teeth, Healthy Life!