

Healthy Smiles

Keeping children free of dental caries (also known as tooth decay or cavities) is important to their good health, growth, and quality of life. Tooth decay is caused by bacteria living in the mouth. Bacteria thrive on sugary foods and produce acids that cause the enamel on the tooth to decay. Smart snacking and good oral hygiene can lead to healthy smiles.

Helpful Hints and Suggestions:

- Choose snacks wisely. Give children fresh vegetables, fresh fruits, low-fat yogurt, low-fat cheese, and low-fat or fat-free milk. Toddlers between ages one and two should be given whole milk.



- Avoid giving your children sugary snacks such as candy, cookies, sticky fruit snacks, juice or juice drinks, soda, and sugary cereals. When a sugary treat is offered, it is best at mealtime.
- Limit juice to one four to six ounce serving a day. Choose and serve 100 percent fruit juice.
- Encourage your children to drink water when thirsty.
- Provide your family with healthy meals.

- Practice good oral hygiene and seek regular dental care. Be a good role model to your children.
- Do not share utensils, cups, spoons, or toothbrushes with your children. Dental caries is an infectious disease.
- Help your children brush and floss their teeth until they learn the proper technique. Brush with a small amount of fluoridated toothpaste twice a day. Always brush before bedtime.



Recipe Corner



Delicious, nutritious, and sure to be a kid favorite!

Peachy Peanut Butter Pita Pockets

SOURCE: *Network for a Healthy California Champions for Change*

Makes 4 servings

½ pita pocket per serving

Prep time: 10 minutes

Cook time: 10 seconds

INGREDIENTS:

2 medium whole wheat pita pockets

¼ cup reduced fat creamy peanut butter

½ apple, cored and thinly sliced

½ banana, thinly sliced

½ fresh peach, thinly sliced

PREPARATION:

- 1. Cut pitas in half to make 4 pockets and warm in the microwave for about 10 seconds to make them more flexible.**
- 2. Carefully open each pocket and spread a thin layer of peanut butter on the inside walls.**
- 3. Fill with a combination of apple, banana, and peach slices. Serve at room temperature.**

Warning: Whole peanuts are a choking hazard and should not be given to children under four years of age. Be aware of children's allergies to nuts when preparing this recipe.



Healthy and Active Preschoolers, Healthy Smiles,
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