

BETWEEN MEAL SNACKS

HARMFUL, AVOID

CANDY, CAKE, COOKIES, PIE,
PASTRIES, MINTS
ICE CREAM, POPSICLES
SUGAR COATED CEREALS
CARAMEL POPCORN
RAISINS, DRIED FRUITS
CANNED FRUITS SWEETENED W/SYRUP
JELLY, JAMS, HONEY
PEANUT BUTTER
MARSHMELLOWS
GRAHAM CRACKERS
POP TARTS
JUICEY JUICE, 100% FRUIT JUICES
KOOL-AIDE, PUNCHES, DRINKS
CHOCOLATE/STRAWBERRY MILK
FRUIT ROLL-UPS, FRUIT SNACKS
SODA
GUM
BANANAS
KETCHUP

SUBSTITUTES

SUGARLESS CANDY
SUGAR FREE POPSICLES
UNSWEETENED/LOW CEREAL
(CHEERIOS, CORN FLAKES, KIX)
POPCORN
FRESH FRUIT(EXCEPT BANANAS)
VEGETABLES
PRETZELS
CORN CHIPS
PICKLES
HARD BOILED EGGS
CHEESE
SALTINE CRACKERS
NUTS
SUNFLOWER SEEDS
TOMATOE OR VEGETABLE JUICE
WHITE MILK
UNSWEETENED FRUIT JUICES
DIET SODA (IN MODERATION)
SUGARLESS GUM

NURSING BOTTLE DECAY – (EARLY CHILDHOOD DECAY)

THIS TYPE OF DECAY IS IN A CATEGORY ALL BY ITSELF. THIS OCCURS WHEN INFANTS ARE PUT TO BED WITH A BOTTLE OF MILK OR JUICE, SLEEP WHILE BREASTFEEDING, OR WALK AROUND WITH A BOTTLE OR SIPPY CUP WITH MILK, JUICE, OR ANY SUCROSE CONTAINING BEVERAGE. THE CONTENTS BATHE THE UPPER FRONT TEETH OVER A PROLONGED PERIOD. IN SOME CASES, THIS CAUSES THE TEETH TO DECALCIFY AND DECAY RAPIDLY. AT THE FIRST SIGN OF DISCOLORATION (BE SURE TO LOOK AT THE TONGUE SIDE OF THE TEETH) THE PRACTICE SHOULD BE DISCONTINUED AND THE CHILD BE BROUGHT TO THE DENTIST IMMEDIATELY. YOU MAY NOTICE WHITE LINES OR SPOTS DEVELOPING NEAR THE GUM LINE. THEY ALSO MAY BE YELLOWISH BROWN. CAUGHT IN TIME, THE DECAY PROCESS CAN BE STOPPED WITH FLOURIDE APPLICATIONS BEFORE IT CAUSES THE TEETH TO ABCESS.

ONE FINAL NOTE: UNTREATED CAVITIES JUST GET WORSE. UNTREATED CAVITIES ALSO CAUSE ADDITIONAL CAVITIES BY DESTROYING THE CHILD'S RESISTANCE TO DECAY. SOME SAY "IT'S JUST A BABY TOOTH". CHILDREN NEED TO KEEP THEIR BABY TEETH, ESPECIALLY THE MOLARS. THEY HOLD THE SPACE FOR THEIR PERMANENT TEETH TO ERUPT. WHEN THAT SPACE IS LOST, TEETH WILL COME IN CROOKED OR DESTROY THE ROOTS ON OTHER TEETH. SIX MONTHS AFTER A CHILD'S FIRST TOOTH ERUPTS IS THE TIME FOR AN INFANT EXAM. THIS ALLOWS THE DENTIST TO MAKE SURE THE GROWTH AND DEVELOPMENT ARE NORMAL. AT THREE YEARS OF AGE CHILDREN WILL BEGIN REGULAR CHECK UPS STARTING WITH AN ORIENTATION IN A NEW PATIENT APPOINTMENT.