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Aloha

PEDIATRIC DENTISTRY

Smart Snacks

Whole wheat bread	Hard cheese, String cheese	Eggs
Chicken	Meats	Pasta with tomato sauce
Yogurt or GoGurt	Fruit Squeezables	Fresh vegetables
Fresh fruits	Nuts, Sunflower seeds	Rice Cakes
Popcorn	Sugarless chewing gum	Cheerios
Good Beverages: Plain milk, Water, Unsweetened Herbal Teas		

Foods to Avoid Between Meals

Dried Fruits, Raisins	Fruit Roll-ups or Leathers	Fruits in canned syrup
Cookies	Chewy Fruit Snacks	Chips of any kind
Chewy Granola Bars	Sweet Bread	Crackers
Pre-sweetened cereals	Sticky Candy like Taffy	Gummy bears/worms
Drinks such as Apple juice, Soda, Kool-Aid, Gatorade/sports drinks		

Try to avoid sticky, sugary snacks and stay as close to natural foods as possible. Foods that are sticky tend to stick to the teeth and consequently stay in the mouth longer. The bacteria that cause tooth decay thrive on all carbohydrates, especially refined sugars and starches. The more exposure the bacteria have to a food source, the more active the bacteria. Try to have regular meals and limit the snack times.

Common Causes of Tooth Decay

Tooth decay is caused by a combination of factors, some of the risk factors are listed below.

Frequent Snacking

Children who graze or snack throughout the day have more acid exposures, which causes breakdown of the enamel, even if they are snacking on healthy foods. Try to have regular meals and limit the snack time to only one or two between meals. This is the most common reason a child gets a cavity.

Improper tooth brushing and flossing

Teeth coated in plaque will decay therefore, it is important to remove the plaque with proper and regular oral hygiene. Our recommendation is to brush after breakfast, and brush and floss before bed.

Snacking on Sugary Foods

If a snack is sticky it will stay in their mouth for hours. Foods that dissolve easily will be less cavity-promoting. Avoid refined sugars and starches and stay as close to natural foods as possible.

Juices, sodas, and sports drinks

They contain lots of sugar and are highly acidic.

Fluoride exposure

Daily fluoride is beneficial to the teeth by making the enamel less soluble and in turn less susceptible to tooth decay. Exposure to daily fluoride can be obtained by drinking fluoridated water and using toothpastes, gels, or rinses.

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