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# Aloha

## PEDIATRIC DENTISTRY

### Guide to Cavity Prevention

#### Eat well, stay active

- The **tooth snack guide** can help in making teeth-friendly snack choices
  - Try to limit sticky, sugary foods and refined sugars and starches.
  - Limiting some of the common snacks can make a big difference: **dried fruit**, crackers, granola bars, chips, energy/protein bars, juice, soda, and sports drinks.
  - Dark chocolate (>70% cacao) can be a good treat. It has low added sugar, and cacao may be beneficial for teeth and gums.
  - Cheese can stimulate saliva flow and make your mouth more alkaline.
  - Nuts can limit plaque and make your mouth more alkaline.
- Even with good brushing and flossing, high sugar intake and frequent snacking can lead to cavities
- Eat whole foods
  - Plant-based foods can prevent cavities and gum disease
  - Foods high in minerals strengthen teeth
  - Foods high in naturally occurring vitamins support bone/teeth and gums
- Get lots of sunshine and make sure vitamin D levels are adequate

#### Limit acid attack. Carbohydrates can leave acid on the teeth for 20 minutes.

- Limit drinking milk outside of meal time (both dairy and non-dairy milks have natural sugars)
- Limit juice and watered down juice (still leads to sugar bathing teeth)
- Try to have regular meals and limit snack time to only one or two between meals. Even healthy snacks can cause enamel to break down with more frequent acid exposure.

#### Good oral hygiene

- Brush after breakfast, and brush and floss before bed
- Help your child to brush teeth daily until they are at least 6 or 7 years old and continue helping at times until brushing is mastered
- Help with flossing daily until 10 or 11 years old and continue helping at times until flossing technique is mastered

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