

Why you want to use Xylitol:

- Keeps your mouth bacteria free.
- Tastes good.

Xylitol is a natural sugar.

The main difference between natural sugar and xylitol is that xylitol has anti-bacterial properties

Merced Pediatric Dentistry

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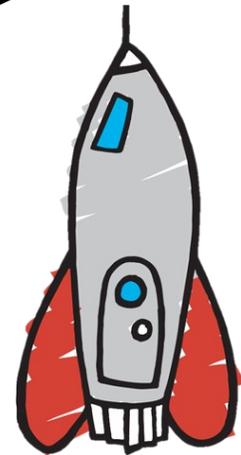
www.mercedpediatricdentistry.com



Merced Pediatric Dentistry

Happy & Sad Foods

Dr. Moran, & Dr. Lee



Limit snacking frequently. Try to have 3 meals a day with 2 snacks in between meals. Only give sugar as a dessert with meals. Keep all snacks between meals sugar free. Avoid or limit: white flour, sugar, high fructose corn syrup, saturated fats, partially hydrogenated oils and food coloring.

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Eat the Rainbow!!! Red (tomato), Green (Peas), Orange, Purple (grapes)

Happy Foods

Eggs

Whole Milk in a cup

Water

Raw Leafy Vegetable

Crunchy Veggies

String cheese

All Meats

(Ham, Chicken & Turkey)

Sugar Free Gum

40 grams of sugar
per day & Read
nutritional labels



May Cause Cavities Foods!

If you don't brush well

Whole Milk

(avoid prolonged night time bottle
feeding)

Smoothies

Ice Cream

Oatmeal

Pop Corn

Whole Grain Bread

Yogurt

Dips/Sauces

Fresh Fruit

Fun fact: American Academy of Pediatrics recommends giving up bottle by age 1, no later than 18 months.

Sad Foods

Gummy Bears

Starburst, skittles

Soda

Crackers

Fruit Loops

Fruit Snacks

Sport Drinks

Juice/Hawaiian Punch

High sugar cereals

Cookies

Fun Fact: Crackers
are 10x stickier
than bread!!!

