### 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
- Marshmallows
- Graham crackers
- Pop tarts
- Juicey juice, 100% fruit juices
- Kool-aid, punches, drinks
- Chocolate/strawberry milk
- Fruit roll-ups, fruit snacks
- Soda
- Gum
- Gummy vitamins

#### SUBSTITUTES
- Sugarless candy
- Sugar free popsicles
- Unsweetened/low cereal
- Cheerios, corn flakes, kix
- Popcorn
- Fresh fruit (crunchy)
- Vegetables
- Pretzels
- Corn chips
- Pickles
- Hard boiled eggs
- Cheese
- Saltine crackers
- Nuts
- Sunflower seeds
- Tomato or vegetable juice
- White milk

### 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 breast feeding, 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 fluoride applications before it causes the teeth to abscess.

**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. Your baby should be examined as soon as the first tooth erupts or by age one. 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.