

Recommendations for Nutrition & Tooth Health

1. **Avoid sweets**, including sweetened soft drinks and other sugary liquids.
2. **When sweets are eaten**, include them in a meal rather than as a snack.
3. **Limit stick, starchy foods** (raisins, crackers, bananas, etc.).
4. **Avoid snacking**...but when you do, rinse mouth with water if brushing is not possible
5. **Avoid snacks before napping** (food will stay on the teeth longer).
6. **Limit the frequency of snacks.**