

# NUTRIGRAM

February 2006

## Smile!

Did you know that by the time they turn 9 years old more than half of children have had at least one cavity or filling? This can be very painful and can make chewing your favorite foods difficult. Cavities are actually holes in your teeth caused by bacteria that feed off of food that sits in your mouth for a long time. Cavities can also cause you to lose teeth, which can really effect your smile. Especially if they are in your permanent teeth. The good news is that there are things that you can do to help keep your teeth, and your smile, bright and healthy.

### Tips for a Healthy Smile:

- ▶ Brush your teeth twice every day.
- ▶ Floss your teeth once per day.
- ▶ Visit your dentist regularly for cleanings and check-ups.
- ▶ Healthy teeth and gums require a variety of vitamins and minerals, along with plenty of calories to grow and stay strong. Enjoy a balanced variety of foods from the five groups.
- ▶ Go easy on between-meal snacks and be sure to brush after snacking. Rinse your mouth out with water to clean out all the food particles.
- ▶ Choose snack foods that have less sugar, especially sticky sugars that can stay on your teeth.
- ▶ Dairy snacks like yogurt, milk and some cheeses can provide protection against cavities.
- ▶ If you get thirsty at night, keep water by your bed, not juice or other drinks with sugar.
- ▶ Wear a mouth guard when playing sports.

**BALANCED CHOICES**  
*for a healthy lifestyle*

Monthly **SUPERFOODS** Promotion

**NUTS**  
*...more than a tasty snack*  
**go nuts!**

vitamin e fiber isoflavones flavonoids

Almonds, walnuts, pecans and others are packed with **OMEGA-3 FATTY ACIDS, PHYTOCHEMICALS and ANTIOXIDANTS**. Substituting a handful of nuts for saturated fat in your diet may help reduce your risk of heart disease and may even help you lose weight! The good news in a nutshell... adding almonds, pecans and walnuts to recipes gives you flavor and **NUTRITION** in every crunchy bite.

Omega-3 fatty acids plant protein

**SUPERFOODS**

**Don't forget, the teeth that come in after your baby teeth are the ones that you will have for the rest of your life. Take good care of them and show them off by smiling. 😊**