

Healthy Dental Snack Parties

A way to provide children with the experience of new or different foods that are good for their bodies and their teeth. These foods should:

- not contain added sugar
- taste good

Some good examples of snacks to have at a Healthy Dental Snack Party include:

Cheese cubes	Mushrooms
Milk	Peas
Plain yogurt	Tomatoes
Cottage cheese	Turnips
Popcorn	Potato slices
Plain rice cakes	Zucchini
Turkey slices	Apples
Chicken breast	Oranges
Tuna fish	Melons
Almonds	Pears
Peanuts	Kiwi
Sunflower seeds	Plums
Pumpkin seeds	Berries
Bell peppers	Nectarines
Broccoli	Peaches
Carrots	Cherries
Cauliflower	Bananas
Celery sticks	Green beans
Peanut butter	Eggs
Cucumbers	Juices (without sugar)

Foods that are **not encouraged** for Healthy Dental Snack Parties include crackers, pretzels, and chips. These foods contain starches that contribute to dental decay.

Some examples of **unacceptable** snacks for Healthy Dental Snack Parties include frozen yogurt, ice cream, syrup, whipped cream, candy, muffins, Jell-O, and raisins.

REMEMBER: Food packages have many words for sugar. Some include high fructose corn syrup, brown sugar, corn sugar, caramel, dextrose, fruit sugar, glucose, lactose, maltose, molasses, raw sugar, sucrose, and honey. Foods containing these ingredients are unacceptable for Healthy Dental Snack Parties.

Steps to Healthy Teeth

INFANT: UP TO 1 YEAR



- Tooth decay can be spread. Don't share things from your mouth with the baby.
- Wipe out baby's mouth with a clean, soft cloth after each feeding.
- If a bottle must be used at bed or nap time, use water only.
- Begin using a cup at mealtimes when baby is about six months old.
- Clean baby's teeth 2 times a day with a small, soft toothbrush.
- By age 1: Ask your child's doctor or dentist for an oral health assessment and ask about fluoride.

TODDLER: 1 TO 3 YEARS



- Brush your child's teeth with a soft brush 2 times a day.
- No more bottles or sippy cups by 14 months.
- Avoid sweet drinks, candy, and soda.
- Ask your doctor about fluoride.

~ *The Tooth Angels* ~



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*Educate, Treat, and
Create Healthy Smiles*

Save Your Teeth and Your Child's

The key factor to developing decay is the pH of saliva. Teeth lose minerals when the mouth is acidic. Teeth gain minerals when the mouth is neutral or slightly alkaline.

Examples of pH:

- 02 lemon juice
- 03 vinegar
- 04 soda pop
- 05 rain water
- 06 milk
- 07 pure water
- 08 egg whites
- 09 Baking Soda**
- 10 Tums antacid
- 11 ammonia
- 12 mineral lime
- 13 Drano



WAYS TO DECREASE DENTAL CAVITIES:

- Baking Soda (bicarbonate of soda, sodium hydroxide carbonate)

Baking soda helps keep the pH up to 6.8 or higher. The tooth is now able to absorb the calcium and phosphate from the saliva = remineralization.

When the pH is below 6, the enamel rods push the calcium and phosphate out of the tooth surface = demineralization.

We recommend the use of baking soda on a toothbrush. Put on a dab of toothpaste and then dip the toothbrush in the baking soda. The abrasive scale of baking soda is 07, while plain water on your toothbrush and no toothpaste is 04. Toothpastes are much higher on the abrasive chart. We also recommend baking soda swish at night for high-risk caries patients.

- MI (Minimal Intervention) Paste

Dab a small portion on your tongue at bedtime using your finger. Calcium and phosphate remineralize teeth while you are sleeping. Do not brush prior to breakfast because you are removing the thin *good* plaque that protects the teeth while you eat. Eat breakfast, drink coffee, and then brush.

- Xylitol

A plant-based sweetener. Have after meals and snacks.

- There is 1 gram of xylitol in gum and mints
- Therapeutic dose = 6 grams per day
- You need 6 grams of xylitol a day
- Spray products, Dr. John's Herbal Candy, and Zellies
- Safe for diabetics

- Foods Rich in Arginine

A protein that causes pH levels in your saliva to rise, resulting in a higher saliva pH = less decay.

- Soy products
- Nuts
- Seafood
- Spinach

- Glyoxide (Carbonimide Peroxide Rinse)

- Also known as "Antiseptic Mouth Cleanser," can be found with oral pain relief medications at Rite Aid.
- Helps increase saliva flow.
- Destructive bacteria cannot grow where urea is present.
- Bleaching agents: tooth whitening happens when the peroxide breaks down, allowing the oxygen into the tooth enamel. That is what whitens the tooth.

- Cranberry Extract Tablet (Archtect)

- Grapefruit Seed Extract

- Tea

- Probiotics are recommended to reduce tooth decay. *ProBiora3* is available at Walgreens and GUM has a product called *PerioBalance* that is dissolved in the mouth for 10 minutes.

- Evora Pro

- Garden of Life Probiotic Smile

FYI's

- Good plaque is *thin* and bad plaque is *thick*.

- Do not brush before breakfast!

You are brushing off *good* bacteria that have grown during the night. These *good* bacteria have a pH of 6.8 that protect your teeth from acidic coffee and acidic sugar breakfasts. When brushed off you are allowing acid to directly impact the tooth surface without the protection of the *good* bacteria, thus weakening the tooth.

- Cheese is a great buffer against acid. Eat cheese after a sweet treat!



- Colgate Pro-Relief with arginine is sold for sensitive teeth, but also works well for reducing decay. **Beware** ... it costs nearly \$50 a tube in grocery stores and pharmacies! The good news is this product can be found on Amazon for around \$12.00.