



## Frisco Kids Dentistry

## EATING HEALTHY TO PROMOTE STRONG TEETH



### WEIGHT MANAGEMENT TIPS FOR KIDS

- At least 60 minutes of physical activity per day
- Limit calorically sweetened drinks
- Increase consumption of fruits and vegetables
- Limit foods high in fat to lose weight or maintain weight
- Limit juice intake to 4-6 oz/day for 1-6 year olds and 8-12 oz/day for 7-18 year olds
- Select low-fat dairy foods (male and female youths 6-18 yrs 1300mg)
- Daily breakfast consumption
- Age appropriate portion size
- Select foods high in fiber (male youths 9-13 yrs 30 g/day; 14-18 yrs/female youths 9-13 25 g/day; 14-18 yrs 25 g/day)

- Increase foods and drinks high in calcium, phosphorous, and high water content by eating or drinking:
  - Protein such as meats, cheeses, low-fat milk, and nuts to redeposit minerals in tooth enamel.
  - Fruits and vegetables to produce saliva, this helps cleanse and decrease acidity in the mouth.
  - Water as a source of fluoride, a mineral found in most community treated water. Fluoride decreases acidic levels in the mouth and repairs early process of tooth decay. Drinking water after meals helps wash away acids and stains.
- Decrease risk of dental caries by lowering the amount of:
  - Sugar-sweetened beverages such as sport drinks, fruit juice or chocolate milk.
  - Sticky foods, like caramel, raisins or gummy worms, that can stick on tooth enamel.
  - Desserts including ice cream, snow cones, and cookies.



*Remember to always brush and floss your teeth every day!*