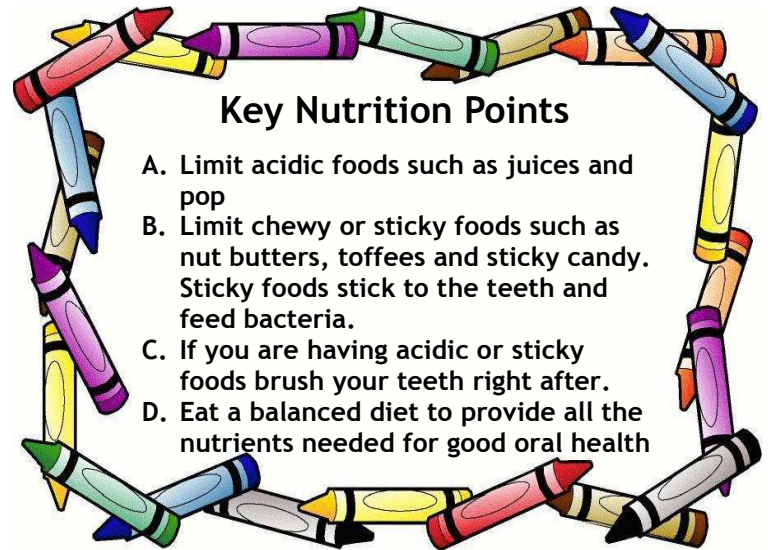


Smart Eating Makes the Grade!

Healthy Bites for Healthy Smiles

What You Eat Affects Your Oral Health?

- * Oral health includes having healthy gums, tongue, cheeks and teeth.
- * Good oral health is important in childhood to decrease your child's risk of other diseases later in life.
- * Poor oral health can cause tooth decay, tooth loss or sore mouth. All of these things will impact what your child eats.
- * Some foods can increase your child's risk of cavities. Sticky, chewy or acidic foods cause more bacteria to grow in the mouth.
- * Foods containing protein, calcium, vitamin C, riboflavin, fluoride and vitamin D play an important part in good oral health.



Key Nutrition Points

- A. Limit acidic foods such as juices and pop
- B. Limit chewy or sticky foods such as nut butters, toffees and sticky candy. Sticky foods stick to the teeth and feed bacteria.
- C. If you are having acidic or sticky foods brush your teeth right after.
- D. Eat a balanced diet to provide all the nutrients needed for good oral health

What do healthy mouths need?

Nutrient	Why is it important?	Food Sources
Protein	maintains tongue, gums and teeth	meat, eggs, nuts, nut butters, dairy foods, beans, lentils
Calcium	keeps teeth strong	milk, yogurt, cheese, canned fish, fortified soy milk, fortified orange juice, broccoli, tofu set with calcium sulphate
Vitamin D	absorbs calcium to increase tooth strength	sunshine, salmon, margarine, milk
Vitamin C	needed for collagen which makes up the gums	oranges, kiwis, tomatoes, grapefruit, limes, pineapple
Riboflavin (Vitamin B2)	needed to prevent dry, swollen and cracked tongue, cheeks and lips	dairy products, enriched grain products, meats and leafy greens

Why do some places add fluoride to their water?

- * Fluoridated water decreases cavities in kids and improves bone strength
- * Helps to prevent tooth decay
- * Fluoride gives protection against acid wear on teeth
- * Only very small amounts of fluoride are needed



The Bottom Line

Brush your teeth carefully at least twice a day and floss your teeth daily. See your dentist regularly. Follow Canada's Food Guide to provide your child with the right vitamins and minerals needed for a healthy mouth.



Activity Corner

Activity helps the body keep bones and teeth strong.



With spring on its way it is great to get the kids back outside.

Outside activities: Go for a walk as a family, jump in puddles, or set up a scavenger hunt in a park or back yard.

Lunch Box Corner

Bite into health

Soup: homemade vegetable or chilli
Grain: 6 multigrain crackers (preferably no salt)
Vegetable: sliced cucumber, celery, carrot sticks
Fruit: apple, grapes, sliced kiwi
Milk/alternatives: low-fat milk, fortified soymilk, sliced hard cheese

Drink water after lunch until you can brush!

What can I eat if I don't have time to brush?

Many times kids aren't able to brush their teeth, especially if your child is taking their lunch to school. Here are some good options to stop the build up of bacteria and acid in the mouth:

- Rinse the mouth with water and drink water between meals. Water has no sugar that can sit in the mouth and feed bacteria.
- Chew gum that contains sugar alcohols. Sugar alcohols decrease bacteria growth in the mouth and can decrease the risk of cavities. Ingredients to look for are xylitol and sorbitol.
- Eat nuts or cheese at the end of a meal.

Minestrone with Turkey Sausage

1 Tbsp canola Oil
1 clove garlic, minced
½ cup diced celery
½ cup diced green pepper
4 cups low-sodium broth
2 Tbsp chopped parsley
1 tsp salt
¼ tsp black pepper
1 cup tiny pasta (eg. Orzo pasta)

1 lb Turkey sausage (cut into chunks)
1 large onion, chopped
½ cup diced carrot
1 (28oz/ 796ml) can tomatoes
1 bay leaf
¼ tsp thyme
½ tsp dried basil
1 can (19oz/540ml) kidney beans, drained
Grated parmesan cheese

In a large saucepan, heat oil on medium heat.

Sauté sausage, garlic, onion, celery, carrot and green pepper until sausage is browned and vegetables are softened.

Drain fat. Add tomatoes, broth, bay leaf, parsley, salt, basil, thyme and pepper.

Bring to a boil. Lower heat, cover and simmer 1 hour.

Add beans and pasta, simmer until pasta tender.

Serve with grated parmesan cheese on top.

Makes 8 servings

(Adapted from Dietitians of Canada Simply Great Food, 2007)

