

## Cavity Prevention Snacking Guide



- Drinks other than water and tea all fall under “snacking”.
- Keep snacking limited to twice a day.



- Try to pick low-sugar options.
- Make sure to also include savory options.

## Healthy Habits to Avoid Cavities



### Be aware of how often you eat and drink

Eat meals and snacks at set regular times.

Frequent meals and snacking can lead to cavities.



### Always brush their teeth before bed

Adults should always brush the child’s teeth before bed.

Saliva production is decreased while sleeping, making it easier to get cavities.



### Visit the dentist every 3-6 months

Have a dentist check for any cavities.

Receive fluoride treatments to help prevent cavities.

#### ◆What is fluoride?◆

- A naturally occurring substance
- Strengthens teeth when regularly applied
- Weakens cavity-causing bacteria