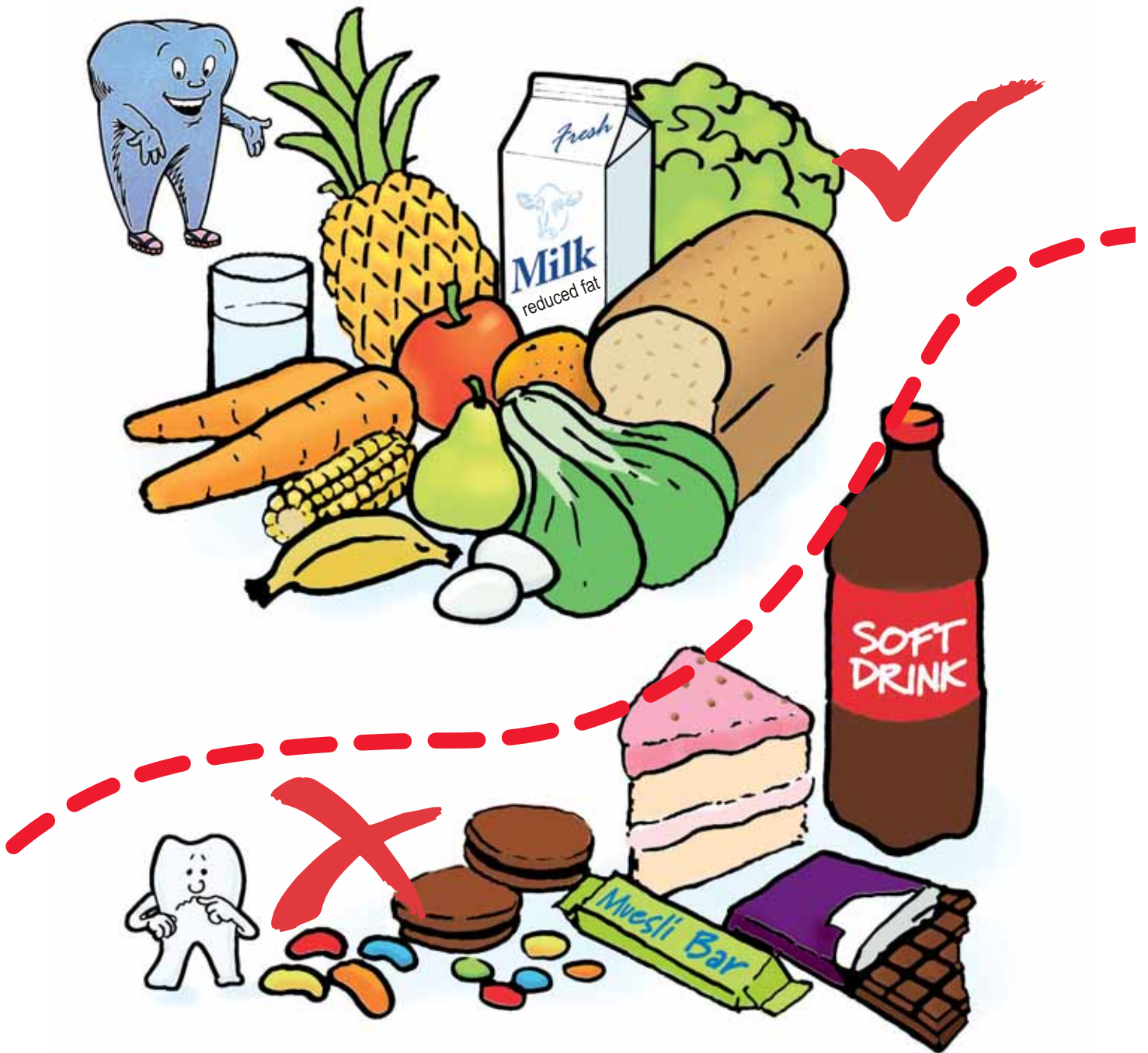


Tooth friendly foods and tooth enemies



Small children and food

Small children have small tummies and are very 'busy' learning about their world. To grow up strong and healthy, they require small, frequent and nutritious meals from a wide variety of foods every day. Foods that promote good health also promote good dental health.

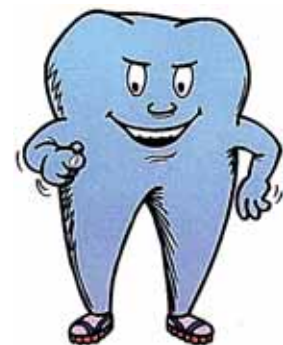
It is important to establish healthy eating habits and daily dental care at an early age, so you set your child up with lifelong healthy habits.

What causes tooth decay?

When we eat and drink, the bacteria in plaque use the sugars in food to make acid. Some food and drinks, such as soft drinks and fruit rollups, are already acidic. This acid makes holes in the teeth (decay).

Tooth tips

- Provide healthy mini meals throughout the day.
- Choose from a wide variety of foods everyday.
- Save snack foods and treats for special occasions.
- Foods like muesli bars, rollups, health bars and honey are not recommended as snacks. They contain high concentrations of added and natural sugars and will stick to the teeth more readily. Dried fruits are a little better, but **fresh fruit and vegetables are the best choice.**
- Eat less sugar.
- Do not add sugar to encourage fussy eaters. Continue to offer healthy foods and drinks.
- Do not reward or comfort with sweets.
- Water is the cheapest and the best thirst quencher.



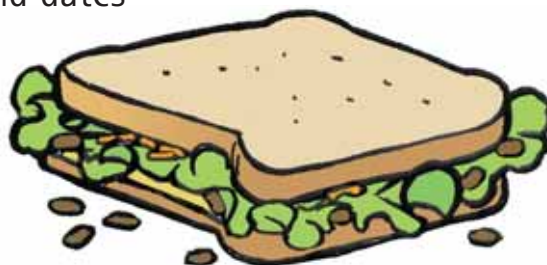
Mighty mini-meal ideas

- Baked beans
- Vegetable soup
- Left over pasta or rice
- Corn on the cob
- Hard boiled egg
- Grilled cheese on toast
- Homemade pizza on pita bread
- Jaffles
- Raw vegetables cut into sticks
- Fresh fruit cut into child-sized pieces
- Plain milk, yoghurt, cheese and custards are great sources of calcium.

Experiment with different types of bread: bread rolls, raisin bread, pikelets, crumpets, crispbreads and scones are all great energy foods for children.

Super sandwich ideas

- Smooth peanut butter, bean sprouts, grated carrot and sultanas
- Smooth peanut butter and bananas
- Tuna and tomato
- Chicken, chopped celery and walnuts
- Cottage cheese, chopped apple and dates
- Egg and lettuce
- Apple and cream cheese
- Cheese and tomato
- Cheese and vegemite.



Note: If you have a strong family history of allergy, avoid eggs, nuts and shellfish until the age of three years.

Reading food labels to reduce sugar intake

Most of the sugar we eat comes from commercially prepared foods. You can reduce your sugar intake by using the information on food labels as a guide to sugar content.

- Look at the quantity per 100g column to enable comparison with other foods.
- Look for foods with less than 10g of total fat and 3g of saturated fat.
- Look for foods with less than 15g of sugar.

Other names for sugar include honey, sucrose, fructose and glucose syrup.



NUTRITION INFORMATION

SERVINGS PER PACKAGE 4	Quantity per Serving	SERVING SIZE 125G Quantity per 100g
Energy	1400kJ	1120kJ
Protein	10.1g	8.2g
Fat, total	20.0g	16.0g
– saturated	15.0g	12.0g
Carbohydrate, – sugars	30.4g 2.0g	24.3g 1.6g
Sodium	715mg	570mg



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