Severe tooth decay on young teeth can be caused by prolonged sucking on bottles filled with milk, juice or sweetened liquids during the day or at bedtime. This causes rapid decay of the teeth and early tooth loss. This disease is not only painful but often humiliating for both child and parent. Baby molars need to last for about 10 years. Sweetened dummies can be just as harmful. Clean your baby’s teeth from the time they show through the gums. This is a preventable disease.

Read food labels before buying. If sugar appears high on the ingredient list on packaged foods, this means the packaged food is high in sugar. Choose products where sugar is listed low in the order of ingredients.

Infant tooth decay (severe decay of the front teeth) can develop in infants when sugary liquids are consumed frequently or stay in the mouth for long periods of time, after teeth have come through. If your child is bottle fed, here are some tips to reduce the risk:

- Remove the bottle as soon as your child finishes feeding.
- If baby goes to bed with a bottle - only put water in it.
- Try introducing a cup for drinks from about 6 months.
- Train your child to use bottles or training cups only when sitting down.

Breast milk supplies all the fluids babies require until they are at least 6 months of age. If babies have access to breast milk whenever they need it, no other fluids are required - even in hot weather. Cool boiled water can be given to formula fed babies in hot weather if necessary. Babies should have breast milk or formula included in their diet until they are 12 months old.
Choppy Chatter

**Apple Jaffle**

1. Peel and grate apples.
2. Put apple, ricotta cheese, sunflower seeds, currants and cinnamon in a bowl. Stir well.
3. Spray the surface of the sandwich maker of jaffle iron with a non-stick spray.
4. Place slices of bread in the sandwich maker to form the sandwich bottom.
5. Top with apple mixture and cover with another slice of bread.
6. Toast for 2-3 minutes or until golden brown.

**Easy Veggie Slice**

1. Cut crusts off bread. Spread bread lightly with margarine.
2. Arrange margarine side up on the bottom of a shallow dish.
3. Cut ham into small pieces. Put in a bowl.
4. Grate onion and zucchini. Add to the bowl.
5. Add eggs, flour, parsley and cheese. Stir well.
6. Spoon mixture over bread.
7. Microwave on MED HIGH for 8 minutes. Serve hot or cold.

*Makes 4 Serves.*