



Northeast Children's Dentistry

Snack Guide

When providing your child with snacks think about its **consistency**. Sticky or gummy snacks are the most harmful to your child's teeth. Examples of non-desirable snacks are **gummy bears, fruit roll ups, fruit chews and especially GUMMY VITAMINS**. Even dried fruit that is sticky such as **raisins** can harm your child's teeth.

Xylitol is a **naturally** occurring sugar substitute. It is found in many fruits and vegetables and, has the unique ability to control bacteria that causes tooth decay (cavities). Xylitol does this by halting the bacteria's growth and preventing the bacteria from sticking to tooth surfaces. Xylitol is found in many chewing gums, but it is necessary to be a "high-content" xylitol gum. The gum with a large amount of xylitol is **ICE BREAKERS/ICE CUBES**. This gum can be found in most stores such as HEB, Wal-Mart, Target, Walgreens, CVS, and Amazon.com.

One piece chewed 4-5 times per day, preferably after meals and, it is recommended that the product stay in the mouth for 5 minutes. This will provide your child a therapeutic amount that has been shown to reduce cavities by as much as **80%**. New studies have shown that it is also beneficial for parents of young children to chew xylitol gum for decay reduction in their children.

DON'T FORGET CHEESE. Cheddar, Swiss, mozzarella, and monterey jack all stimulate the body's salivary glands to clear the mouth of debris and protect teeth from acids that weaken them. Cheese disrupts the development of cavities, especially when eaten as a snack or at the end of a meal. Calcium and phosphorous found in cheese works to re-mineralize the enamel of your child's teeth.

BEWARE OF SPORTS DRINKS AND FRUIT JUICES!

Due to the high sugar acid content and acids in sports drinks, they have erosive potential and the ability to dissolve even fluoride-rich enamel, which can lead to cavities. To minimize dental problems, children should hydrate with water. If a sport drink is consumed the drink should be swallowed and not allowed to "swish" around the mouth and then followed by a drink of water to help rinse the teeth. One can neutralize the effect of sports drinks by alternating sips of water with the drink. Always rinse mouthguards only in water.



HOT CHEETOS AND TAKIS

are bad for kids teeth and stomachs. These fatty, salty snacks cause problems for kids because the spices increase stomach acidity resulting in stomach aches. Patients often are seen in the Emergency Room because of this extreme pain. Dentally, these acidic snacks cause quick, severe tooth decay. A significant amount of tooth destruction is often seen before the entire cavity is removed.

WWW.NECDSA.COM, our website, can provide more information on children's dentistry. Or, you can go to our **FACEBOOK SITE: NORTHEAST CHILDREN'S DENTISTRY** to learn about more healthy vs. unhealthy snacks.

Northeast Location

8606 Village Dr, Ste. B
(Northeast Children's Center)
San Antonio, TX 78217
Phone: 210-654-6882

Downtown Location

315 N. San Saba, Suite 202
(Across from Santa Rosa Hospital)
San Antonio, TX 78207
Phone: 210-223-3383



Schertz Location

5000 Schertz Pkwy, Ste. 301
(Schertz Pkwy Professional Plaza)
Schertz, TX 78154
Phone: 210-659-8000

Northern Oaks Location

4358 Thousand Oaks
(Northern Oaks Shopping Center)
San Antonio, TX 78217
Phone: 210-656-4300