



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). 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. 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.

Natural/Organic Foods: Remember that just being natural /organic doesn't mean that a food is good for your teeth. Organic honey, sugar, and syrups will still cause tooth decay if eaten in excess, especially in the gummy form.

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. Always rinse mouthguards only in water.

Healthy Snacks and Snacks to Avoid

GOOD	AVOID
Water	Soda /Juice
Low-fat Yogurt /Cheese	Gummies/Granola Bars
Almonds/ Cashews	Sticky & Sour Candy
Bananas/Apples/Oranges	Dried Fruits
Whole-grain cereals	Sweetened Cereals
Carrots/Celery	Potato Chips

HOT CHEETOS and TAKIS

Both foods 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.

Dentally, these acidic snacks cause quick, severe tooth decay. A significant amount of tooth destruction is often seen before the entire cavity is removed.



Northeast Location

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

www.necdsa.com



Schertz Location

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

Downtown Location

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

Dominion Crossing Location

21727 IH-10 West, Ste. 203
(Directly Behind La Gloria)
San Antonio, TX 78257
Phone: 210-314-4545

Northern Oaks Location

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