

SNACK FACTS



SUGAR SNACK FACTS

- Eating a lot of sugary snacks makes it easier for your child to get cavities in their teeth.
- Each time your child eats sugar, plaque in the mouth mixes with sugar to make acid. The acid hurts their teeth over time by eating away at the outside of the tooth.
- Your child needs to eat many kinds of food daily like bread, milk and milk products, meat, vegetables and fruits.

TIPS FOR GOOD SNACKS

- Do give your child snacks that are low in sugar like vegetables, cheese, or pretzels. These do not cause tooth decay like sweet snacks do.
- Do limit snacking between meals. When eating many snacks, the acid in the mouth gets high and that can help make cavities.

- Do limit sticky and sugary sweets like chewy candy, raisins, gum, hard candy and suckers that stay in the mouth longer, which lets acid stay longer and can lead to cavities.
- Do brush your teeth after eating. It's important to stop cavities before they start.
- Do reduce the damage that can be caused from eating sweets by serving them with other food and non-sugary drinks.
- Saliva or water in the mouth helps reduce the damage sugar can cause to the teeth.

If you are a member and need help finding a dentist please call **1-888-912-3456**.

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