

Teeth Talk

A Newsletter for Parents of Children Enrolled in Maryland's Head Start Programs

Things You Can Do at Home to Support Today's Lesson

- Ask your child to tell you what they learned about teeth today.
- Ask your child to tell you what foods and drinks are healthy for their body and good for their teeth.
- Ask your child to tell you what foods and drinks are not healthy for their body and not good for their teeth.
- Offer your child water or milk when they are thirsty.



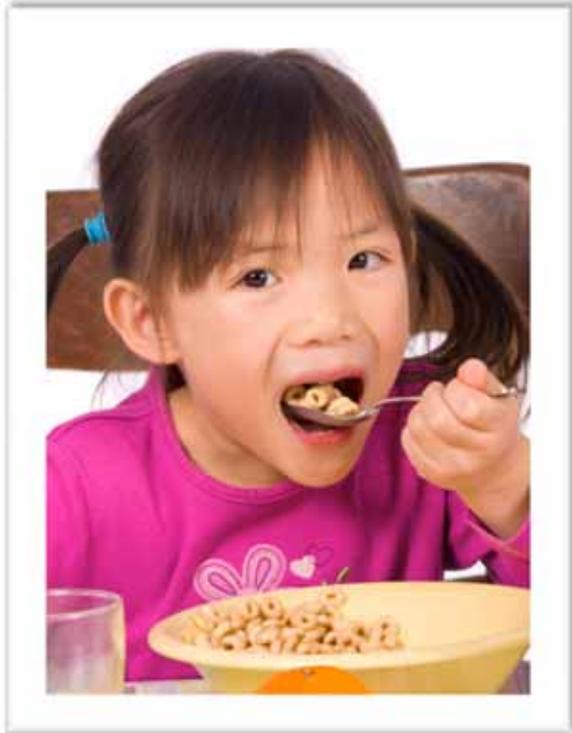
Today We Learned How to Eat Smart to Keep Our Teeth Healthy

Today your child learned that foods and drinks that help keep their body healthy are good for their teeth, too.

Your child learned about foods and drinks that don't have a lot of sugar. They also learned about foods and drinks that are high in sugar, such as cookies, candy, cake, ice cream, soda pop, lemonade, and fruit drinks.

Every time your child eats or drinks something with sugar (even if it's a little bit of sugar), germs that stick to teeth make acids. Once acid is made, it stays on their teeth for 20–40 minutes. If your child eats or drinks something high in sugar all day, then they will have acid on their teeth all day. That gives the acid a long time to destroy tooth surfaces and make a hole (a cavity).

Every once in a while it's OK to give your child foods or drinks that are high in sugar. If so, serve them at mealtime instead of as a snack.



A Song to Sing at Home

Foods That Are Good for Me

(Sing to the tune of "Old MacDonald")

Old MacDonald had a farm
E-I-E-I-O.

And on his farm he grew good food
E-I-E-I-O.

With an apple here and an apple there
Here an apple, there an apple
Everywhere an apple, apple
Old MacDonald had a farm
E-I-E-I-O.

Repeat the verse using foods named by your child as foods that are good for teeth.



Did You Know?

A lot of drinks are high in sugar. Some drinks that are high in sugar are:

- Sport drinks like Gatorade, Powerade, Propel, and Vitamin Water
- Soda pop like Coke, 7UP, Mountain Dew, and Pepsi
- Fruit juices like apple juice, grape juice, and orange juice

Pediatricians and other health professionals recommend that children drink no more than 4 ounces of juice a day. They also suggest that children eat raw fruit instead of canned fruit packed in syrup or fruit juices.

You can find out how much sugar is in packaged food you serve your child. Check the Nutrition Facts label. Sugar amounts are shown in grams.

To figure out how many teaspoons of sugar there are in foods and drinks, divide the grams by 4. Four grams equal 1 teaspoon.

Nutrition Facts

Serving Size 248 g

Amount Per Serving

Calories 114 **Calories from Fat 3**

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 10mg 0%

Total Carbohydrate 28g 9%

Dietary Fiber 0g 2%

Sugars 24g

Protein 0g

Vitamin A 0% • Vitamin C 159%

Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.