

Smile! For good nutrition and dental health

Help your child take care of their teeth by making healthy food choices and practicing good dental hygiene. Both healthy food and regular brushing are important for good dental health.

Teeth love healthy drink choices!

Sweetened drinks are any drinks with added sugar. Fruit-flavoured beverages called “fruit drink”, “fruit beverage”, “fruit punch”, “fruit cocktail” or described as an “-ade”, are beverages with added sugar and no nutrition.

Sugar mixes with the bacteria in our mouths and produces acid. The acid eats away the tooth enamel, causing cavities.

If children drink sweetened drinks often, they may not be drinking other healthier beverages, like milk. Milk has important two minerals, calcium and phosphorus, that your child needs to build strong bones and teeth.

What’s up with “juice”?

Juice is only juice when it says juice on the label. One hundred per cent juice does not have added sugar and contains vitamins and minerals. The key to keeping juice a healthy choice for your teeth is to stick to a ½ cup portion, and to enjoy it with a meal.

Use the following guide when making drink choices:

Choose most

- Water
- Unflavoured milk or fortified soy beverage

Choose sometimes

- 100% unsweetened juice
- Flavoured milk or fortified soy beverage

Choose least or avoid

- Pop or diet pop
- Energy drinks
- Sports drinks
- Fruit-flavoured beverages called “fruit drink,” “fruit beverage,” “fruit punch”, “fruit cocktail” or described as an “-ade” on the label

Keep a close eye on “sugar” in foods

Sugar comes in many different forms with many different names. Become familiar with the list below and look for these words on food labels. A food that names any of these sugars as the first or second ingredient on the label has a high amount of added sugar. Choose these foods least often.

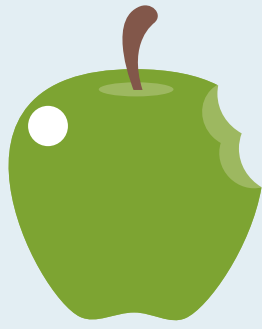
- | | | |
|----------------------------|---------------|----------------|
| • High fructose corn syrup | • Sucrose | • Corn syrup |
| • Dextrose | • Honey | • Invert sugar |
| • Fructose | • Maple syrup | • Malt sugar |
| • Glucose | • Molasses | • Raw sugar |
| • Maltose | • Brown sugar | |



Say good-bye to sugary snacks!

A healthy snack should have food from at least two food groups. Consider this when planning snacks at home or for school. Try these quick snack and recipe ideas:

- | | |
|---------------------------------------|------------------------------------|
| • Smoothies | • Vegetables and hummus |
| • Tuna salad and whole grain crackers | • Whole grain bread and nut butter |
| • Frozen grapes and cottage cheese | • Light popcorn and nuts |



Recipes

Yogurt parfait

Combine your choice of cut-up fruit and vanilla yogurt, and top with your favourite whole grain cereal or granola. Mix and enjoy!

Did you know?

Raisins, dried fruit and unsweetened fruit leathers can be a great snack choice from a nutritional point of view. Unfortunately, they stick to our teeth and can cause those dreaded cavities. Keep these snack choices for times when you are able to brush your teeth within 20 minutes.

Pineapple roll-ups

Ingredients

- 8 oz. package low-fat cream cheese
- 4 oz. carton vanilla yogurt
- 14 oz. can crushed pineapple, drained
- Large (70g) whole wheat tortillas

Directions: Combine cream cheese and yogurt in a small bowl. Add drained pineapple and mix. Spread 3 tablespoons of the mixture onto one tortilla. Roll up, slice and serve.

Did you know?

Cheese can help slow down plaque growth after a meal. Put a piece of hard cheese in your child's lunchbox to have at the end of their lunch when brushing is not possible.

Soft apple cinnamon cookies

Adapted from *Simply Great Food*, Dietitians of Canada

Makes 48 cookies

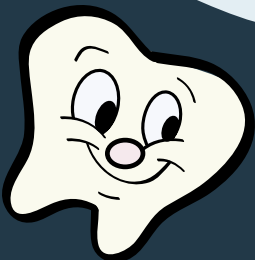
These cookies are quick and easy and can be a tasty dessert for your child's lunch box. For a healthy after-school snack, serve with vanilla yogurt and fruit.

Ingredients

- 2 cups all-purpose flour
- 1 tbsp ground cinnamon
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- 3 large apples (unpeeled), grated
- 1 cup packed brown sugar
- ⅔ cup butter
- 2 eggs
- ½ cup sour milk
- 2 cups quick-cooking rolled oats

Directions

1. Preheat oven to 400°F. In a small bowl, sift together the flour, cinnamon, baking powder, baking soda and salt.
2. Sprinkle grated apples with ½ cup of the flour mixture.
3. In a large bowl, cream brown sugar and butter. Add eggs, one at a time, beating well after each addition. Add milk, then oats, and blend well. Fold in the remaining flour mixture. Stir in apples.
4. Drop dough by tablespoonfuls, about 2 inches apart, onto prepared baking sheets.
5. Bake in pre-heated oven for 8 to 10 minutes or until lightly browned. Let cool on baking sheets on a wire rack for 5 minutes, then remove to rack to cool completely.



Yukon