



# KidFood

Nutrition Matters

Healthy Eating for Today's Kids

February 2008

## Your Child's Smile

Nothing is sweeter than your child's smile. Your child's smile starts with healthy teeth. Help your child have a healthy smile by taking care of his teeth.



You probably remember your child's first tooth. Most babies get their first tooth around the age of 6 months. By the age of 2 to 3 years, most children have all 20 baby teeth.



### Baby teeth are important!

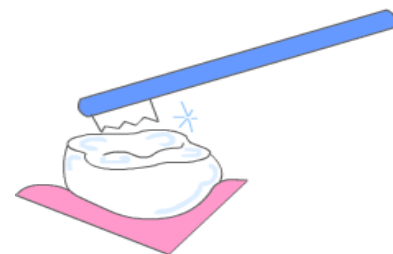
Toddlers need these teeth to learn how to eat. Baby teeth also help a toddler learn how to speak. Baby teeth help shape your baby's face and jaw, and help to keep adult teeth straight.



Children usually start getting their adult teeth around the age of 5 or 6 years.

## Healthy adult teeth start with healthy baby teeth.

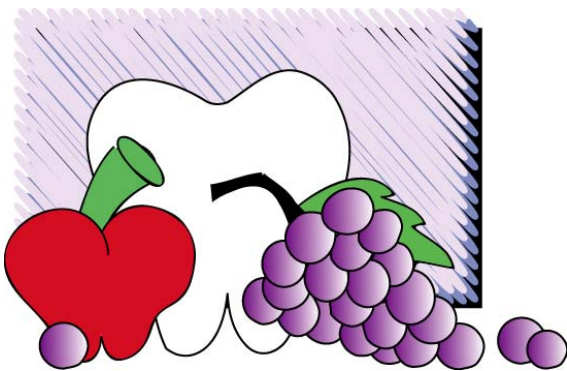
- Help your child brush and floss his teeth until he is 6 or 7 years old.
- Brush your teeth twice a day, in the morning and before bedtime.
- Use toothpaste with fluoride.
- Put only a pea-sized amount of toothpaste on your child's toothbrush. Teach your child to spit out the toothpaste after he brushes his teeth.
- Drink water with fluoride. If your water does not have fluoride, ask your doctor or dentist for a fluoride supplement.
- Use fluoride supplements (or water with fluoride) until your child is 16 years old.



## Healthy Chewing

Sticky and sugary foods can cause cavities. Offer these healthy snacks:

- Fresh fruit—apple slices, bananas, oranges, mandarins, pineapple, melon chunks, kiwi
- Fruit canned in juice—canned peaches, pears, mixed fruit, mandarin oranges
- Yogurt with berries—strawberries, blueberries or raspberries
- Dry cereal—whole grains, oats
- Baby carrots or carrots slices
- Broccoli or cauliflower pieces
- Cheese slices, string cheese, cheese curds
- Hard cooked eggs
- Turkey or ham rolls—roll a slice of turkey or ham around a breadstick and eat
- Lettuce rolls—roll a leaf of lettuce around a slice of turkey, ham or cheese
- Tacos or quesadillas



## Keep Cavities Away

- Offer water between snacks and meals.
- Limit juice to 6 ounces each day. Drinking juice and other sweet drinks throughout the day can cause cavities.
- Don't let your child walk around the house or go to bed with a bottle or Sippy cup.
- Have 2 to 3 planned snacks during the day. Snacking all day long is not good for you child's teeth and can cause cavities.



## Cheese Quesadillas

Serve with tomato soup or chili for lunch.

Add cooked chicken chunks and make "chicken quesadillas."

Vegetable oil cooking spray

4 (8-inch) flour tortillas

1 cup shredded low-fat cheese

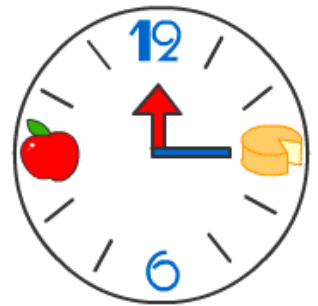
Salsa

1. Spray skillet with vegetable cooking spray and place over low heat.
2. Place tortilla in heated skillet and sprinkle with  $\frac{1}{4}$  cup of the cheese.
3. Cover and cook  $1\frac{1}{2}$  minutes or until cheese is melted.
4. Remove tortilla from skillet and fold in half.
5. Repeat the process with the remaining tortillas and cheese.
6. Cut each quesadilla into 4 wedges.
7. Serve with salsa for dipping.

## Smart Snacking

Protect your child's teeth!

- ♥ Eating sweets often during the day can cause cavities. Bacteria are always living in your child's (and your) mouth. These bacteria use sugar to make acid. This acid can cause cavities. Limit sweets!
- ♥ Holding sweets in the mouth for a long time can cause cavities. Sucking on hard candy will keep sugar in your child's mouth for a long time. Drinking sweet drinks and juice often during the day can cause cavities.
- ♥ Sticky and chewy sugary foods can stick to your child's teeth and cause cavities. Sticky sweets and fruit rollups can stick to teeth and cause cavities. Choose real whole fruit for snacks.



## Who's Watching Who?



- Want your child to eat healthy snacks? Eat healthy snacks with your child. Your child will not want to eat an apple if he sees you eating candy. Eat an apple with your child!
- Small children want to eat what they see. Keep healthy snacks in your house. Do not buy soda, chips, candy and other sweets every time you go to the store. You have control over what types of food are in your home.
- Sweets can be enjoyed in moderation. Having a sweet once or twice a week is enough. When you have a sweet food, eat a small amount. Your child is watching and learning!

**Your child is watching!  
Practice good dental  
health habits  
with your child.**



PLACER-NEVADA COOPERATIVE EXTENSION OFFICE  
UNIVERSITY OF CALIFORNIA  
11477 E AVENUE (*Building 306, DeWitt Center*)  
AUBURN, CA 95603

To simplify information, trade names of products have been used. No endorsement of named or illustrated products is intended, nor is criticism implied of similar products that are not mentioned or illustrated.

## Nutrition Coalition

Supported by First 5 Placer County  
Children and Families Commission

**SHARON K. JUNGE**, NFCS Advisor

**VICKY PANTELS**, Program Representative

## Nutrition Matters

KidFood is published 12 times a year.

Copyright 2008

The content of KidFood is not intended to provide medical advice. This should be obtained from a qualified health professional.

**University of California  
Cooperative Extension  
11477 E Avenue  
Auburn, CA 95603  
Phone: 530-889-7350  
Fax: 530-889-7397  
Email: [ceplacer@ucdavis.edu](mailto:ceplacer@ucdavis.edu)  
Website: <http://ceplacer.ucdavis.edu>**