



How to make healthy choices the easy choice:

Have a busy day? Have an unpredictable day? Have unhealthy choices around you?

- Keep reusable water bottles and fill them with water daily: one in your car, one in your purse and one in your hand,. This makes it easy for you and your children to drink 8 oz. of water with every meal!
- Keep containers filled with nuts and fresh fruit in your purse and in your children's bags.
- Find a large bowl you like to display weekly selections of fruits and crunchy veggies in your kitchen. You can even invite your kids to decorate the bowl!
- Create a "food calendar" to plan family meals and encourage your children to help plan. This also helps save time and money at the grocery store!
- Use smaller dishes to keep portion sizes from being too large.
- When eating out, order side items to build your own meals. Choose seasonal vegetables, fruit or whole grains instead of fried foods.
- Also, ask for a to-go container as you order your food and immediately set aside a portion to take home with you for later!

3 surprising benefits of having healthy teeth:⁵

- Healthy pregnancy:
 - healthy teeth may reduce the risk of premature births.
- Weight control:
 - brushing your teeth after a meal reduces the urge to snack or go back for "seconds"!
- Brain function & ability to think:
 - gum disease has been linked to low or poor brain function which may cause slower thinking.
 - Healthy gums = healthy brains

REFERENCES

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"Feeding Smiles"
presents:

**EATING
RIGHT FOR A
HEALTHY
SMILE!**

Healthy default
tips for you and
your children



What are healthy defaults?

Healthy defaults are choices that are made by you that better you and your children's health and wellness. These choices are easy to make and come with little thought or effort.

Create an environment that allows these choices to be stress-free at home and on-the-go by following these easy-to-do tips. Your smile and your children will thank you!

What foods *affect* teeth the most?

- Sugary drinks and food (sports drinks, soda, candy...) ^{1,2}
- Foods high in fat and cholesterol
- Processed starches (bread, crackers, fries, chips...)

Your children's smile is the window to their health! Help them right to keep their smile bright!

What foods *help* teeth the most?

- Crunchy vegetables (carrots, celery, cucumbers...) ^{2,3}
- Fruit (apples, pears, strawberries...)
- Foods high in calcium (aged cheese, milk)
- Anti-oxidants (green tea, red grapes, cranberries...)

The right food now, makes for a brighter smile later!



Food and Oral Health

Diet affects your health in many ways. Some of which can become noticeable on teeth (cavities), gums (red and painful) and breath.

Bad oral health has also been linked to:

- Heart problems ^{1,2}
- High blood pressure
- Bone loss in jaw
- Changes in saliva ²
- Oral cancer ⁴

Luckily, many of these health issues are avoided by making the right food choices!