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SURPRISING BAD FOODS FOR YOUR CHILD'S TEETH



PEANUT BUTTER

It's sticky and sweet and sticks to your children's teeth as much as candy. If they do eat some please make sure they drink lots of water afterwards and even better have them brush!.



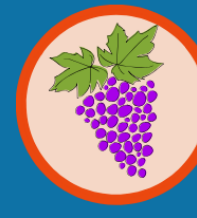
POPCORN

Kernels may crack or break teeth or may get stuck in their gums and become irritated. if your child has fillings it can even be worse.



POTATO CHIPS

Chips are filled with starch, which tends to get trapped in between the teeth. Taking the extra time to brush and floss may help reduce plaque build up.



DRIED FRUIT

Dried fruits have a lot of sugar. This causes them to stick to teeth and gives the cavity-causing bacteria in kids' mouths a food supply.



CITRUS FRUIT

Frequently exposing their teeth to the acidic acid in juice causes tooth enamel to erode. This will make your child's teeth vulnerable to decay. Rinsing the mouth with water and brushing should be done within an hour after drinking.



SPORTS DRINKS

A lot of tooth decay can be blamed on beverages like sports drinks and sodas because they contain so much sugar. If consumed over a period of time, they will cause tooth damage.