



This brochure has been created in conjunction with a qualified clinical nutritionist. For more menus and menu ideas, or to simply learn more about healthy eating, visit Virginia at Nourishing Pantry.

[www.nourishingpantry.com.au](http://www.nourishingpantry.com.au)



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**Oral Health &  
Healthy Eating  
for KIDS**



# HEALTHY CHILDREN

Diet plays a critical role in reducing cavities and maintaining good oral health. The more often we eat, the more frequently we are exposing teeth to the cycle

of decay. **Encourage your child to eat three good meals and limit snacking constantly on foods that are high in cavity-causing sugars.** Provide a variety of foods to fuel your child's body, power their brain and support growth. Keep reading for tips and ideas on keeping your child healthy and happy!



## Limit added sugar

A maximum 5 teaspoons per day from all sources is recommended. By reducing packaged/ processed foods you will also be reducing additives, preservatives, artificial colours and excess salt.

**DO NOT** switch to diet or no sugar soft drinks as the acidity and phosphoric acid can damage tooth enamel. Consumption of drinks made with artificial sweeteners is also linked to weight gain.

The **best food choices** for the health of your mouth include cheeses, chicken or other meats, a small quantity of nuts, milk, fresh vegetables and fruit. These foods are thought to protect teeth by providing the calcium and phosphorus needed to maintain healthy tooth enamel.

Dried fruit like raisins, dried apricots, or fruit leather should **NOT** be included in a lunchbox. They're a concentrated source of fruit sugar and one of the worst foods for cavities, with undiluted fruit juice a close second. Be wary of other "healthy" options such as protein balls, bliss balls and other raw treats, as they often use dates as a base - a very sweet and sticky dried fruit.

## Other traps

Just because a food is gluten free does not necessarily mean it's healthy. Read the ingredients: these products tend to contain "empty fillers" like corn, white rice, soy flour and potato starch as well as lots of sugar. Sushi is basically a heap of rice, usually white, which is both sticky and sweetened, plus a morsel of protein or vegetable - great as an occasional meal, but not as an everyday choice.

## Snack alternatives

### SWITCH THIS...

Juice boxes, fizzy drinks, sports drinks, vitamin water

Fruit roll up, dried fruits, jelly fruits, fruit leather, raisins

White bread or crackers

Deli meats, such as ham, turkey or salami

Chips and flavoured popcorn

### ...FOR THIS

→ Plain tap water or flavoured with a tiny splash of cordial if necessary

→ Fresh fruit

→ Wholemeal, grain, brown rice variety

→ Left over meats, chicken, mini meat balls, tinned fish

→ Corn chips or pretzels

## Scary sugar stats

Small tub of yoghurt = 4-6 teaspoons minimum

600ml bottle of soft drink = nearly 16 teaspoons

Small packet of Sultanas = 4 teaspoons

Muesli Bar = 2-4 teaspoons

250mls of Juice = 4-7 teaspoons

Baked Beans = 2-4 teaspoons

\* The number of teaspoons is calculated by dividing the sugar listed on a packet by four (e.g. 20gm of sugar per serving is the equivalent of 5 teaspoons of sugar).

→ See insert for a customised menu just for kids

