

Drink Tips for Healthy Smiles

Fast Facts from Southern Minnesota Initiative Foundation's Early Childhood Dental Network

Choosing healthy drinks for your child is an important part of making sure he/she is healthy and his/her teeth have the best possible chance to develop into a healthy smile. Sugary drinks are a danger to a child's teeth and can cause cavities so sticking to milk and water is best! As always, we recommend consulting your doctor or dentist with questions or concerns.

- Tips for giving your child healthier drinks:
 - According to the American Academy of Pediatrics, babies should drink breastmilk or formula only for the first year of life
 - Babies should never be put to bed with a bottle or sippy cup of milk, formula, juice or other sugary beverages because it causes tooth decay. If it is absolutely necessary for bedtime, a bottle or sippy cup of water is ok.
 - Try to hold off giving your child juice until toddler age. After one year of age you can give your child fruit juice in a cup. A good amount is 4-6 ounces per day. It's a good idea to dilute juice by using half water and half juice to cut down on the amount of sugar.
 - By 18-24 months, children can drink from a regular cup with no lid.
 - Instead of fruit juice, which often contains more sugar, give your child cut up or whole fruit.
 - Water with fluoride (most often from the tap) is a healthy and inexpensive option for you and your child.



HOW MUCH SUGAR IS REALLY IN EACH OF THESE DRINKS?

Each measured in teaspoons in a 4-oz drink

- * Grape Juice - 3.5
- * Cola - 3.5
- * Apple Juice - 3
- * Fruit Juice - 3
- * Chocolate milk - 2.5
- * Orange Juice - 2
- * Low-fat milk - 1.5
- * Water - 0

For more information contact:

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