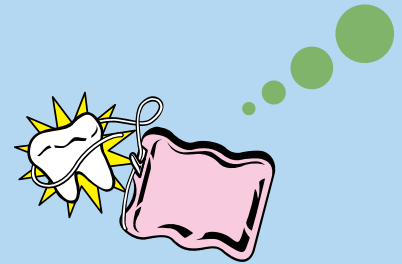


## Tips for Keeping Mouths Healthy While Eating Sweets

*The American Dental Association (ADA) and Florida Dental Association (FDA) offer some tips to help kids (and parents) keep their mouths healthy while still enjoying treats.*

1. Avoid snacking on candy, as well as drinking sugary beverages, throughout the day. Instead, enjoy these treats after mealtimes, as increased saliva production from a meal will help prevent tooth decay.
2. Be wary of chewy candies like taffy, which stick to your teeth longer than chocolate, and hard candies that take longer to consume. The longer a sugary food is in your mouth, the higher the risk for tooth decay.
3. Look for sugarless gum as a candy alternative, as chewing sugarless gum after meals helps reduce tooth decay by increasing saliva flow that helps wash out food and dental plaque bacteria.
4. Balance out the increase of sugary candies by avoiding sugary beverages such as sodas and sports drinks. Instead, drink fluoridated water, which can help reduce cavities by 20 to 40 percent.
5. Eating foods that are calcium-rich (such as leafy greens, cheese and almonds) and protein-rich (such as meat, eggs, fish and beans) can help rebuild tooth enamel and bone.

And of course, continue to practice ongoing oral health care including flossing daily, brushing teeth twice a day and visiting your FDA-member dentist regularly!



*As the state's premier professional organization representing Florida-licensed dentists, the Florida Dental Association (FDA) serves as Florida's advocate for oral health. A constituent society of the American Dental Association, the FDA was established in 1884 to ensure patients receive the highest quality of care from dental professionals. The FDA is the leading expert and advocate on issues affecting Florida dentists and the oral health of Floridians. To learn more, visit [www.floridadental.org](http://www.floridadental.org) or call 850.681.3629.*