



## Drink Choices Affect Your Child's Oral Health

Developing your child's healthy habits includes making good choices when selecting beverages. Help keep them on the right track by selecting the best beverage options for optimal oral health and overall health.

### Tips for protecting your child's teeth from sugary beverages:

- **Choose water** (be sure to check if bottled water contains fluoride) or milk (1% or nonfat for children older than 2) first and frequently.
- **Keep the fridge stocked** with a water jug or water bottles for easy access.
- **Dilute juice and sport drinks** with water, and use a straw to reduce contact with teeth.
- **Make sure your kids don't hold or swish drinks in their mouth** and encourage rinsing with water after consuming a sugary drink to minimize the drink's acidity.
- **Try a new twist on water** by adding fresh fruit slices like lemon or lime to quench your thirst, or add a splash of 100% fruit juice.
- **Read the nutritional labels found on drinks.** Added sugars appear on the label as high fructose corn syrup, corn sweetener/corn syrup or dextrose.
- **Ask your dentist to check for early signs of decay** such as white spots, stained fissures and brown spots.

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