

# Sacks of Snacks



Offering a hand up, not a hand out  
February 9, 2024

Welcome to this week's *Sacks of Snacks*. February is National Children's Dental Health Month. Check out the lists of good guys and bad guys as reported in the Health Encyclopedia from University Rochester Medical Center. You will also want to check how well you are reducing your risk of tooth decay on the checklist below. Write an action plan to build better dental health habits this month and throughout 2024. Your dental health is worth it! If you have questions or concerns, call 926-1189 or email [mparcell@purdue.edu](mailto:mparcell@purdue.edu).

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Are you interested in learning more about feeding your family on a budget? Healthy living tips? Getting new family friendly recipes? Incentives and kitchen tools to make cooking more enjoyable? Purdue Extension-Dearborn County and the Indiana Nutrition Education Program (NEP) would like to help YOU learn about all these topics and more! Please contact Purdue Extension-Dearborn County at 926-1189 to schedule an appointment with Trenna Jossart, our Nutrition Education Program Advisor, so that you can learn more about healthier eating, healthier cooking, and healthier living!

## The Best and Worst Foods for Your Teeth



### The Good Guys:

Fiber-rich fruits & vegetables.  
Cheese, milk, plain yogurt, & other dairy products.  
Green & black teas.  
Sugarless chewing gum.  
Foods with fluoride.

### The Bad Guys:

Sticky candies & sweets.  
Starchy foods that stick to your teeth.  
Carbonated soft drinks. **\*Leading source of added sugar for kids and teens. They also contain phosphoric and citric acids that damage tooth enamel.**  
Substances that dry out your mouth.

### Eat For a Healthy Mouth:

- Eat sugary foods with meals.
- Limit between-meal snacks.
- Drink more water.
- Brush your teeth twice a day.

Source: University of Rochester Medical Center. The Best and Worst Foods for Your Teeth Retrieved 1/25/24.



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