Healthy Foods for Healthy Teeth

Brushing and flossing daily are important for a healthy smile, but did you know that what you eat affects your dental health, too?

Eating a variety of healthy foods from all food groups help protect your teeth and gums. These include fruits and vegetables, protein, unsweetened dairy, and whole grains.

If you snack during the day, choose wisely. Skip sugary treats and drinks and go for more nutritious choices. Remember to brush after snacking to help prevent cavities. If you can't brush, rinse your mouth with water to help remove food particles.

Tips to help prevent tooth decay in toddlers.

- Wean from the bottle after your child's first birthday old and practice using a sippy cup that spills out or a regular cup.
- If your child carries a sippy cup around during the day, offer only water in it and give milk at meals or snacks.
- Don't put your child to bed with a bottle or sippy cup.

WORST FOODS FOR OUR TEETH

- Potato Chips
- Sweets like cookies, candy or other foods high in added sugar.
- Soda and other sweetened drinks
- Sticky and hard candies
- Gummy snacks (including gummy fruit snacks)

BEST FOODS FOR OUR TEETH

- Unsweetened dairy (cheeses, plain yogurt, and cottage cheese)
- Fruits (especially apples)
- Vegetables (especially leafy greens, celery, and carrots)
- Water
- Almonds and other nuts (*can be a choking hazard for young kids)

Source: Colgate.com and mouthhealthy.org


Reasons to continue breastfeeding after 1 year

Nutrition:
Breast milk continues to be a valuable source of nutrition for a growing child. It provides most vitamins, healthy fats, and protein.

Immunity:
Breast milk gives your little one extra protection from certain illnesses so they are less likely to get sick.

It's Calming:
Breastfeeding releases hormones that help you relax and bond with each other. It is also very soothing when your little one is upset or hurt.

Your Own Health:
Extended breastfeeding may help moms lose weight. It may also decrease the risk of certain cancers and diabetes later in life.

Source: Kellymom.com

NYS Paid Family Leave began January 2018!

A parent may be eligible to take Paid Family Leave during the first 12 months following the birth, adoption, or foster placement of a child. Ask your employer if you are eligible. For more information you can also call 1-844-337-6303 or go to NY.GOV/paidfamilyleave

Playing with your kids is a fun way to stay active and bond with them. Play a game of follow the leader, leap frog, freeze dance, or go play in the snow!

Yoga is another fun way to be active with kids. Here are a couple sites that offer free classes for kids and prenatal women. If you are pregnant talk with your doctor before beginning a workout routine.

YouTube: Cosmic Kids Yoga
Prenatalyogacenter.com/free-online-videos/

Apples with Maple Cinnamon Greek Yogurt Dip

Ingredients
1/2 teaspoon cinnamon
1 cup plain Greek yogurt
1 1/2 tablespoon maple syrup,
2 medium apples

Directions
Mix cinnamon with yogurt; stir in syrup to taste.
Core and slice apples. Enjoy!

Superhealthykids.com

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