

BREAKFAST IS TOOTH FRIENDLY

Eat a healthy breakfast for better dental health



We've all heard it before: breakfast is the most important meal of the day. But what you may not know is that it's also important for the health of your teeth.

The proof is in these numbers

Children who skip breakfast:¹

- › Are 4x more likely to get cavities
- › Need to visit their dentist more often

Children who don't eat at least five servings of fruits and veggies every day:¹

Are 3x as likely for developing cavities

Breakfast in the morning = less sugary snacks in the day

When we think of "typical" children's breakfast, most of us think of a sugary cereal and milk. How could this prevent cavities? Kids who eat breakfast tend to eat fewer sugary snacks.¹ Plus, milk is a tooth-healthy food, regardless of the amount they add to their cereal. When sugary cereals are eaten with milk, the effect of the sugar on your child's teeth seems to be reduced.



Tooth-friendly eating habits at a glance:

- › Eat a nutritious breakfast each morning
- › Avoid sugary snacks and foods
- › Eat five servings of fruits and vegetables each day

Together, all the way.®



1. Lundgren, A. M., Öhrn, K., & Jönsson, B. (2015, July 22). Do adolescents who are night owls have a higher risk of dental caries? – a case-control study. Retrieved December 12, 2016, from <http://onlinelibrary.wiley.com/doi/10.1111/idh.12165/full>

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