

For example, bread, milk and real fruit juice are good for growing boys and girls. When you eat these foods, your body turns the food into a natural sugar that gives you energy. This sugar causes cavities by making it easier for tooth decay germs to stick to your teeth. This is why brushing your teeth every day is so important.

If juice and milk stay on your teeth all the time, you are more likely to have bad tooth decay and cavities that hurt. This often happens to babies and small children who drink milk or juice all day from a bottle or a sippy cup. To prevent this problem, drink milk and juices at meal time only and water the rest of the time.

# eat healthy



How to have a nice smile:  
Choose food that is good for you *and* your teeth!



## smiley al says:

The right foods help you have healthy teeth.

Remember:

- \* Good food choices help you have healthy teeth and a nice smile.
- \* At the store, pick the foods that are best for you and your teeth.
- \* Healthy foods can cause tooth decay too, so brush your teeth every day!
- \* Drink milk and juice only at meal time. Drink water at other times.
- \* Limit candy and soft drinks that have a lot of sugar in them.

This *Smile Alabama!* brochure is made possible by a grant from the Robert Wood Johnson 21st Century Challenge Fund and produced by the Alabama Medicaid Agency Research and Development Unit. Creative design and production by Alison R. Johnson and photography by Booker T. Washington Magnet High School, Photography Magnet, Montgomery. © Copyright 2003, Alabama Medicaid Agency.



Let's learn why together...

## Why do we eat?

**F**ood helps you grow strong and feel good. It also gives you energy. Most people, however, like to eat food because it tastes good. When you eat foods that are good for you, you help your teeth *and* your body to be healthy and strong.



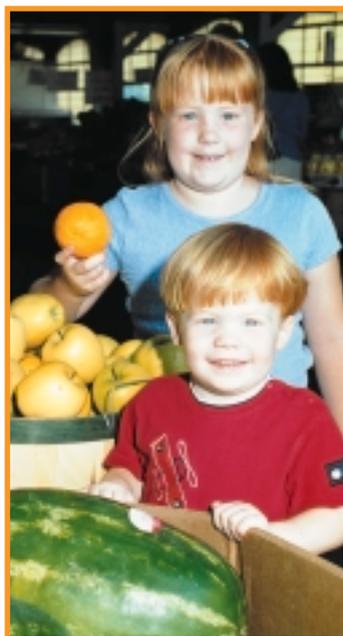
...find the foods that are best for you.

## What's on your shopping list?

**A**sk a grown-up to help you make a list of foods that are good for you. When you go to the store or market, take your list and find the foods that are best for you.

Each day, children ages 2 to 6 need:

- 6 servings from the Grain group
- 3 servings from the Vegetable Group
- 2 servings from the Fruit Group
- 2 servings from the Milk Group
- 2 servings from the Meat Group
- A very small amount of Fats, Oils and Sweets



## How much is a serving?

**A** serving is not very big. This makes it easy for you to get all the good food you need each day. For example, a small bowl of cereal or five saltine crackers equals one grain serving. One cup of salad or one-half cup of cooked vegetables equals one vegetable serving. An egg, two tablespoons of peanut butter or one-half cup of black-eye peas are each one serving of meat. One banana or a small box of raisins is a fruit serving. If you pour one cup of milk on your cereal, that is one milk serving.

## Healthy food can cause tooth decay, too!

**M**ost people know that candy or soft drinks have a lot of extra sugar that can cause tooth decay if you don't brush your teeth. Even so, most people are surprised to learn that healthy foods can cause tooth decay, too.

