

Healthy Snacks Benefit Teeth and Overall Health

In February, my staff and I had the pleasure of talking to more than 100 kids at local elementary schools for Dental Health Month. During our visits we had the opportunity to talk to the kids about what they may encounter during their first visit, how to brush properly and selecting nutritious food choices. Since my visit I've had several parents call asking me about healthy snacks for their children so I thought I would share with you some of my thoughts.

Healthy snacks benefit not only children's teeth but also their overall health, building strong bones and muscles. Snacks are really important for small children because they are a substantial part of their diet simply because they don't sit down to three regular meals a day. They eat more often, usually snacking throughout the day, so that makes it even more important to snack healthy.

Some other additional tips about nutritious food choices:

- Avoid sickly candies and, of course, soft drinks.
- Avoid foods that are fried, processed, too oily or too salty.
- Keep in the fridge little bags or containers of healthy foods, prepped and ready to go: small thinly sliced carrots, cubes of cheese and chopped up fruit.
- Remember to cut up all foods into small bites to prevent choking and not leave small children alone while they are eating.
- And, definitely keep sugar to a minimum. If your child eats healthy snacks from the start, they'll likely continue to make good food choices throughout their lives.

As always, if you have any questions or concerns regarding your child's dental care, please give my office a call at (518) 356-5635. Remember to brush and floss after enjoying your Easter treats!

With Oshins of Smiles,

Dr. Steven Oshins



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