



# Great Western Dental Escape

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## Diet and Hygiene Rules

### What to Avoid:

- \* Watch the frequency of carbohydrate snacks. (cookies, crackers, pretzels, candy, etc.)
- \* No hard candy.
- \* No Kool-Aid with sugar.
- \* Avoid sports drinks with large amounts of sugar.
- \* Fruit juices should be limited to meal times.
- \* Soft drinks should be limited to special occasions.
- \* Soft chewy candy should be limited to no more than once a week.

### Good Alternatives:

- \* Chocolate is the best candy for your teeth.
- \* Cheese, yogurt, frozen yogurt, and ice cream are good dairy snacks.
- \* Fruits and vegetables.
- \* Popcorn is a good snack.

### Hygiene Practices:

- \* Brush in the morning and before bed for two minutes with preferably an electric toothbrush.
- \* Children over the age of eight are recommended to use a fluoride rinse daily such as ACT, especially if undergoing orthodontic treatment.