

CAVITY BUGS LOVE THE STICKY, SUGARY FOODS YOU EAT.

Cavities are a common condition that can affect children and adults, no matter what the age. As parents, it is our job to protect our child's baby and adult teeth as best we can.

Follow the tips outlined in this brochure to help create a healthy foundation for your child's oral health and overall wellness. If you have any questions, the doctors at Williamsburg Dental are here to help you every step of the way!



Doctor Notes

Six locations for you and your family.

Village Drive
6100 Village Drive, Suite 100
Lincoln, NE 68516
(402) 421-6611

East
6930 L Street, Suite B
Lincoln, NE 68510
(402) 489-6547

South Street
2746 South Street
Lincoln, NE 68502
(402) 488-9022

Piedmont
1265 S Cotner Blvd., Suite 1
Lincoln, NE 68510
(402) 904-6001

Northeast
1719 N Cotner Blvd.
Lincoln, NE 68505
(402) 464-1719

Crete Family Dental
1005 Highway 33, Suite 7
Crete, NE 68333
(402) 418-7214

(402) 420-2222
WilliamsburgDentalLLC.com



Children's Snack Guide

Snacks do's and don't's
to help you and your children
achieve a cavity-free lifestyle



We treat you like family.

WilliamsburgDentalLLC.com

TOOTH TIPS!



Take a sip of water after every meal or snack



Help your child brush their teeth until six or seven years of age

2x

Brush your teeth for two minutes, two times a day



Schedule your child's first dental appointment at the age of one



Refrain from leaving a bottle in bed with a baby

WILLIAMSBURG DENTAL CHILDREN'S SNACK GUIDE



Easily Causes Cavities

- Candy
- Soda
- Juice
- Chocolate Milk
- Cookies
- Dried Fruit
- Fruit Snacks/Strips
- Dried Flour Cereal
- Pretzels & Crackers
- Sports Drinks

(Usually) Will NOT Cause Cavities

- Whole Milk
- Dark Chocolate
- Fresh Fruit
- Whole Grain Bread
- Dips & Sauces
- Popcorn
- Smoothies
- Yogurt
- Ice Cream
- Oatmeal

Will NOT Cause Cavities

- Raw, Crunchy Vegetables
- Raw, Leafy Vegetables
- Cheese
- Nuts & 100% Nut Butters
- Meats
- Fats
- Eggs
- Water

Remember to give your child age-appropriate foods. Nuts, hot dogs, grapes, and sausages are common choking hazards, especially in children three years and under. Processed and dried fruits are not good for teeth. Instead, choose raw fruit and veggies, and opt for fresh bread instead of dried flour.

Having your dentist apply a fluoride varnish every six months can reduce cavities up to 30%!