

# Timing is Everything



bacteria

+



food

=



acid



acid

+



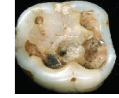
teeth

+



time

=



cavity

What you put in your mouth is just as important as how you take care of it. There is a connection between the types of food you eat and your oral health. Look for foods that are low in sugar or starch and are juicy and crunchy. Limit sticky and sweet foods and avoid highly acidic foods that may dissolve the teeth. Snack wisely and plan snacks to prevent grabbing less healthy foods. When your brain and body are low on fuel, you will go into the next meal more hungry, tend to eat larger portions, and often make less healthy food choices. Besides the types of food you eat, it is important to think about how often you eat. Every time you eat, the bacteria in your mouth produce acid that can cause cavities.

**Activity:** Enter what you ate in the first column as exactly as you can (vanilla yogurt, hot dog on a bun, root beer) and what time you ate it in the second column). Then fill in the check marks for each food you ate in the appropriate acid/sugar level category. At the bottom of each food group category add up the check marks from each column. Remember, no cheating! List everything you eat or drink the whole day. Be sure to include gum, hard candy, one chip, or cracker—list it all!

What did you eat or drink? (list everything):	Time	Low Acid	Moderate Acid	High Acid	Neutral	Low Sugar	Moderate Sugar	High Sugar
Breakfast								
Lunch								
Dinner								
Snacks								
Beverages								
Now add up the check marks in each column and enter the numbers in this row:								
How do you add up? What can you do to improve?								