



Healthy MOM

&

Healthy BABY



Nutrition Guide for Healthy Teeth and Gums



When you are pregnant your mouth health and diet will impact your baby's teeth and gums. Choosing healthy food and drinks is one of the best ways to help your baby have a healthy mouth.

Follow these tips to protect your baby's sweet smile!



Brush your teeth two times and floss between your teeth once every day.



Visit a dentist even while you're pregnant to help keep your mouth healthy.



Drink more water. It's the best choice for you and your baby!



Suffering from morning sickness? Rinse your mouth with water afterward to protect your teeth.

America's ToothFairy is working to improve the oral health of families. We help support service delivery, educate caregivers, and reinforce the importance of oral health for the entire family and across the United States. **Learn more at AmericasToothFairy.org.**




Healthy BABY



Choosing healthy food and drinks while you are pregnant will help your baby have healthy teeth and gums.

Healthy food options:

- | | |
|------------------|-------------|
| celery | red cabbage |
| apples | beans |
| oranges | brown rice |
| kiwi | oats |
| strawberries | cheese |
| blueberries | nuts |
| raspberries | eggs |
| grapes / raisins | |
| broccoli | |
| kale | |
| cucumbers | |
| carrots | |
| bell peppers | |



Buy frozen or canned fruits and veggies. Be sure fruits are packed in juice, not syrup!

Small changes make a big difference!

Choose whole grains over refined grains:

- Avoid white foods you find in the center of the store.
- Look for whole grain (the first word on the ingredients list must be "whole" for it to REALLY be a whole grain.)

Make one of these easy changes to boost nutrition:

- Replace sugary cereal with whole grain oats.
- Add a veggie to every meal.
- Choose fruit for snack.
- Try choosing water to replace one sugary drink.

Instead of this...



try this!

