

Water between meals is more than ideal

DID YOU KNOW ?



Offer water between meals
to quench thirst



Avoid milk or juice
between meals



Constant sipping of milk and
juice can lead to cavities

Milk, fruit juice and sweetened drinks between meals can cause tooth decay and decrease children's appetite for healthy foods. Offer water between meals instead!



For more information, please visit
www.aboutkidshealth.ca/DentalCare