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Quality Medical Care in the Comfort of Your Home

Oral Health Program



Tips for healthy snack foods:

When deciding what snack to eat, think about—

- The type of snack (for example, raw vegetables would be a better snack than potato chips).
- The number of times you eat sugary and starchy snacks (the more often you snack, the more likely you are to get tooth decay).
- How long the snack stays in your mouth.
- The texture of the snack. Starchy or sticky foods stay on the teeth longer.

Tips for healthy snack drinks:

- Drink water or non-fat milk to rehydrate instead of sports drinks or energy drinks.
- Drink sugar-sweetened or acidic drinks in one sitting.
- If you drink sugary or acidic drinks, make sure they are cold and use a straw that reaches to the back of your tongue to keep the drink away from your teeth.
- Rinse your mouth with plain water after drinking sugary or acidic drinks.

Weapons against tooth decay:

- Use fluoride toothpaste twice a day.
- Chew xylitol gum after meals and snacks.

Wellspring Home Health Center, LLC

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