



WV WIC Program

Healthy Teeth and Gums



Having healthy teeth and gums is important for overall health!

Ask your WIC Nutritionist about good food choices that help keep your teeth healthy



Your WIC Nutritionist can help you find a dentist.

Black Bean Bagel Sandwiches

Ingredients:

- 1 can (15-16 oz.) black beans, drained and rinsed
- 1/3 cup chunky-style salsa
- 1/4 teaspoon ground cumin or chili powder
- 4 bagels (3 inch diameter), cut in half
- 2 Roma (plum) tomatoes, sliced
- Lettuce leaves



Directions:

1. In food processor or blender, process beans, salsa and cumin until smooth.
2. Spread 1/4 cup bean mixture over each of the 4 bagel halves. Top with tomato, lettuce, and remaining bagel halves.

Dental Care for Your Child and Baby

- Check your child's teeth and gums once a month. Look for white spots. If you see white spots, take your child to a dentist right away.
- It is recommended to start visiting the dentist by age 1. If your child has not been to the dentist, make an appointment.
- Continue to visit the dentist to have your child's teeth and gums checked. The dentist will tell you when you need to come back.
- Use a small soft bristled toothbrush with a small amount (size of child's pinky nail) of fluoride toothpaste. For babies, use a clean, damp washcloth. Clean their mouths after each feeding.
- Avoid putting a child or baby to bed with a bottle or sippy cup containing anything other than water.
- Limit foods containing sugar to mealtimes only.
- Avoid saliva-sharing behaviors, such as sharing a spoon when tasting baby food, cleaning a dropped pacifier by mouth or wiping the baby's mouth with saliva.



Resources

- <http://www.health.state.ny.us/publications/0824.pdf>
- <http://www.webmd.com/oral-health/guide/diet-oral-health>

