

Children's Dental Health Month



Sipping, Snacking and Tooth Decay

Many parents across the country will issue a common refrain at dinnertime tonight: You'd better eat that--it's good for you! There's another old favorite in the parental arsenal of dietary admonitions: Don't eat that--it'll rot your teeth! Now more than ever, kids are faced with a bewildering array of food choices -- from fresh produce to sugar-laden processed convenience meals and snack foods. What children eat and when they eat it may affect not only their general health but also their oral health. Americans are consuming foods and drinks high in sugar and starches more often and in larger portions than ever before. It's clear that junk foods and drinks gradually have replaced nutritious beverages and foods for many people. For example, in the U.S., on average, individuals consume approximately 50 gallons of sugary beverages per year! Alarmingly, a steady diet of sugary foods and drinks can ruin teeth, especially among those who snack throughout the day. Common activities may contribute to the tendency toward tooth decay. These include grazing habitually on foods with minimal nutritional value, and frequently sipping on sugary drinks. Consuming too much sugar can also affect your overall health, such as becoming overweight/obese, or getting heart disease or type 2 diabetes. When sugar is consumed over and over again in large, often hidden amounts, the harmful effect on teeth can be dramatic. Sugar on teeth provides food for bacteria, which produce acid. The acid in turn can eat away the enamel on teeth. Almost all foods have some type of sugar that cannot and should not be eliminated from our diets. Many of these foods contain important nutrients and add enjoyment to eating. But there is a risk for tooth decay from a diet high in sugars and starches. Starches can be found in everything from bread to pretzels to salad dressing, so read labels and plan carefully for a balanced, nutritious diet for you and your kids.

Reduce your children's risk of tooth decay:

- Sugary foods and drinks should be consumed with meals. Saliva production increases during meals and helps neutralize acid production and rinse food particles from the mouth.
- Limit between-meal snacks. If kids crave a snack, offer them nutritious foods.
- If your kids chew gum, make it sugarless – Chewing sugarless gum after eating can increase saliva flow and help wash out food and decay-producing acid.
 - Monitor beverage consumption
- Children should make healthy beverage choices such water and low-fat milk.
 - Help your children develop good brushing and flossing habits.
 - Schedule regular dental visits.



Simply click to edit or choose the "edit" option from the block menu.

Creamy Three Cheese Spaghetti

Prep Time: 10 Min; Total Time: 20 Min

Ingredients

- 12 oz. spaghetti
- 1 tbsp. extra-virgin olive oil
- 3 cloves garlic, minced
- 3/4 c. heavy cream
- 3/4 c. low-sodium chicken broth
- 3/4 c. shredded Italian cheese blend
- Kosher salt
- Freshly ground black pepper
- 2 tbsp. freshly chopped chives, for garnish

Directions

- In a large pot of salted boiling water, cook spaghetti according to package directions until al dente. Drain, reserving 1 cup pasta water.
- Meanwhile, in a large skillet over medium heat, heat oil. Add garlic and cook until fragrant, 1 minute, then add heavy cream, broth, and 1/2 cup of reserved pasta water. Add cooked spaghetti and toss until noodles are fully coated and liquid is simmering.
- Remove from heat and stir in cheese. Toss constantly, adding more pasta water until sauce reaches desired consistency. Season with salt and pepper and garnish with chives before serving.

For more recipes similar to this click the link below!

<https://www.delish.com/cooking/recipe-ideas/recipes/a45758/creamy-three-cheese-spaghetti-recipe/>



There are lots of fun events happening!

- Duel in the D- Feb 17 LCA
- Disney on Ice Feb 13-16 LCA
- Winter Blast Feb 7-9 Campus Martius



Thank you to everyone that donated gloves and mittens for Mittens of Detroit!





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