

# Go for the GREEN



Busy lifestyles and long days have made snacking a common part of everyday life. Young children, in particular, need snacks as they are not able to eat large amounts of food at one time. That is why it is so important to eat healthy snacks - ones that have lots of nutrition and help prevent tooth decay.

Tooth decay is caused by acid made by bacteria in the mouth from the sugars eaten. The acid attacks the enamel of the teeth. The greatest damage is done within the first 20 minutes after eating sweet foods.

Some foods are more likely to cause tooth decay than others. It depends on:

1. how often the food is eaten;
2. how long it is in the mouth;
3. how much sugar is in the food; and
4. how sticky it is.

As you can see, this is not a simple subject! To help you decide what snacks to eat, choose foods from within the four food groups of Canada's Food Guide.

## Vegetables and Fruit

- Eat at least one dark green and one orange vegetable each day.
- Choose vegetables and fruit prepared with little or no added fat, sugar or salt.
- Have vegetables and fruit more often than juice.

## Grain Products

- Make at least half of your grain products whole grain each day.
- Choose grain products that are lower in fat, sugar or salt.

## Milk and Alternatives

- Drink skim, 1% or 2% milk each day.
- Select lower fat milk alternatives.

## Meat and Alternatives

- Have meat alternatives such as beans, lentils and tofu often.
- Eat at least two Food Guide Servings of fish each week.
- Select lean meat and alternatives prepared with little or no added fat or salt.

