









TOOTH SMART

# Grazing on Food & Drinks



## Good Meal Planning

- Provide meals and planned snacks at **set times** during the day to prevent 'grazing'. 
- Have your child **sit at the table** for meals & snacks. 
- Make sure there are **no distractions** during meals. eg. TV, toys & games.
- Sit with your child at meal times, and **eat together**. 
- Make meal and snack time enjoyable – **avoid getting angry** or making negative comments.
- Give your child positive feedback for the habits you want continued e.g. **"You are sitting very nicely at the table"**. 
- Any food and drink not finished should be **removed** when the child starts to play again. 
- Changing habits can take time, stay calm and **be patient** while your child adjusts to the new routine. 

## Does your child sit down to eat?

Kids are so busy exploring the world, they do not make time to sit down to eat.



Grazing on sugary food & drinks all through the day can lead to tooth decay. Choose healthy food and snack options that don't lead to tooth decay.

## Healthy snacks for between meals

- **Fruit** - fresh or canned in natural juice
- **Vegetable sticks** - try carrot, celery, cherry tomato with hummus or salsa
- **Cheese** slices with crackers
- **Plain popcorn** - without butter, sugar or salt
- **Bread** or jaffles with cheese, tuna, meat, baked beans, egg, avocado
- **Fruit toast** topped with banana
- **Yoghurt**

