

# PACKED LUNCHES

What a headache, trying to think of different ideas every day!

It's all too easy to fall into bad habits; a jam sandwich, a chocolate biscuit and a sweet drink. These are all high in sugar and can cause tooth decay, especially when eaten at a time when teeth can't be cleaned.

Use this leaflet to help make some healthier choices.

Make a list below of your child's favourite **sugar-free** foods, and pin this leaflet up in the kitchen.

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## NIBBLES

Try some of these to make a change:

- Raw carrot sticks
- Tomatoes
- Chicken drumsticks
- Pizza portion
- Pieces of cucumber or celery
- Cheese chunks
- Plain crisps (occasionally!)
- Dried fruit
- Plain yogurt or fromage frais\*

\***BEWARE** - 'low fat' does not mean low sugar. Some varieties have up to five teaspoons of sugar in each pot. Buy plain and add your own finely chopped or pureed fruit.

**Avoid foods to which your child is allergic.**

**To keep food fresh use a cool-pack**

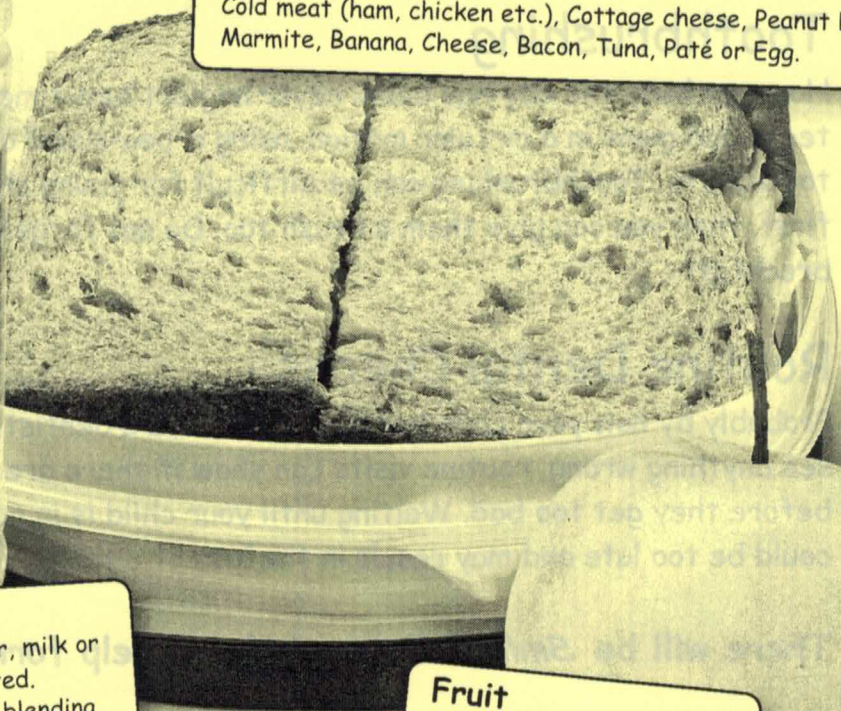
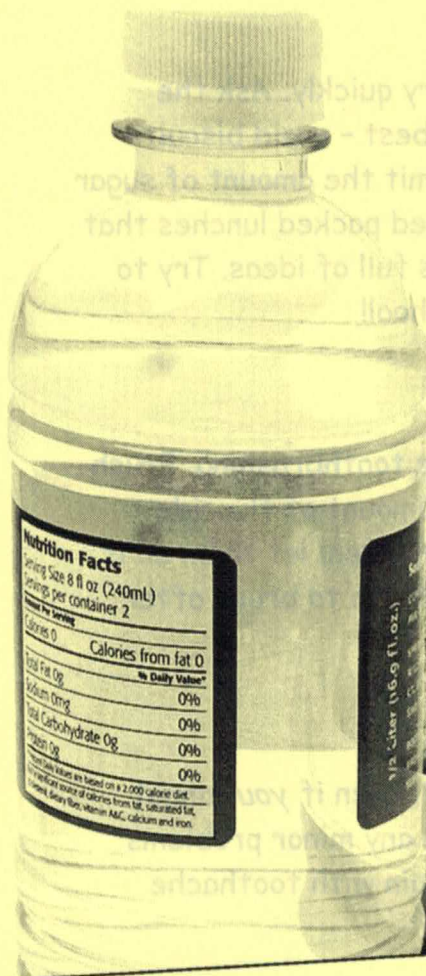
### Sandwiches

Vary the bread - wholemeal, multigrain, rolls, pitta or tortilla wraps. For variety add salad (tomato, cucumber etc.) to some of these fillings.

**Avoid jam or chocolate spread.**

#### Filling Ideas

Cold meat (ham, chicken etc.), Cottage cheese, Peanut butter, Marmite, Banana, Cheese, Bacon, Tuna, Paté or Egg.



### Drinks

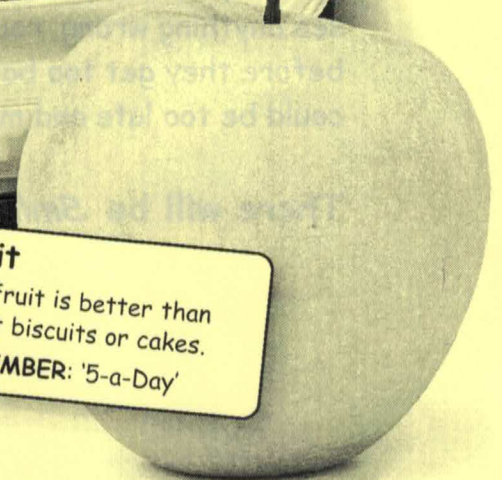
Try a small plastic bottle of water, milk or fresh fruit juice, preferably diluted. Make a milkshake or smoothie by blending fresh fruit and milk.

**AVOID SUGARY AND FIZZY DRINKS**

### Fruit

Any fruit is better than sweet biscuits or cakes.

**REMEMBER: '5-a-Day'**





# Starting School with a Smile!



This special time in your child's life is a time for learning and should be the start of a pattern of good habits to be carried into adult life.

With so much new happening dental care sometimes gets pushed into the background.

Healthy teeth and gums are important and these simple guidelines will help your child have better teeth.

## Sugar Causes Decay

Sugary food and drinks can make holes in milk teeth very quickly. Ask the school what your child may take for play-time. Fruit is best - avoid biscuits and sweets. If your child takes a packed lunch try to limit the amount of sugar it contains. It is quite easy to have interesting and varied packed lunches that are almost sugar-free. The leaflet 'My Packed Lunch' is full of ideas. Try to resist visiting the sweet shop on the way home from school!


## Toothbrushing

However busy the day has been, never neglect bed-time toothbrushing. Brush teeth and gums in a circular motion, using a 'pea-sized' amount of fluoride toothpaste. Toothbrushing can be difficult for young children; let them do it first, then you can give them a brush too. Do not forget also to brush after breakfast.

## Routine Dental Checks

Probably by now your child has already visited a dentist. Even if you cannot see anything wrong, routine visits can show if there are any minor problems before they get too bad. Waiting until your child is in pain with toothache could be too late and may result in the loss of a tooth.

**There will be *Smiles* all round if you help form good habits now!**

Kent Community Health   
NHS Trust