



# Caregiver Dental Hub

Practical Oral Care Guidance for Caregivers

## Making Better Food Choices for Healthy Mouths and Bodies

Start small—simple changes over time make a big difference



### EVERYDAY HABITS

- ✓ Limit sugary drinks like soda and juice
- ✓ Choose water or unsweetened flavored sparkling water instead
- ✓ Avoid sipping over long periods
- ✓ Finish drinks in a shorter time



### SMART EATING PATTERNS

- ✓ If you are going to have sweets or sugary drinks, have them at mealtime rather than between meals
- ✓ Swap sticky, sugary snacks for fruits, vegetables, popcorn, or cheese
- ✓ Keep healthy, ready-to-eat options available



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