



# Tasty Treats for Healthy Teeth

The most common nutritional disease of childhood is dental caries, more commonly known as cavities. Keeping teeth healthy takes a lifetime of commitment to daily care. A child's teeth are important for chewing, smiling, and speaking. Sometimes we don't worry about baby teeth, but those teeth are saving space for permanent teeth and tooth decay now can create problems in the future.

Almost all foods contribute to dental caries. However, sweet foods are most often to blame. And, chewy, sticky foods tend to cause more cavities than comparable amounts of non-sticky sweets such as liquids. Limiting sugary snacks that stick to the teeth and drinking water to rinse the teeth help maintain clean teeth between brushings. Eating foods high in calcium helps strengthen teeth from the inside.



*Try these tasty treats  
for healthy teeth.*

## FRUITY PARFAIT

3 cups pineapple, chopped  
2½ cups berries (fresh or frozen)  
2½ cups low-fat vanilla yogurt  
2 medium bananas  
½ cup raisins  
5 cups granola

In large glasses or clear plastic cups, layer 3 Tablespoons granola, 1 cup pineapple, 2 Tablespoons berries, 1 cup yogurt, 2 Tablespoons granola, and several slices of banana. Top with 2 Tablespoons raisins.

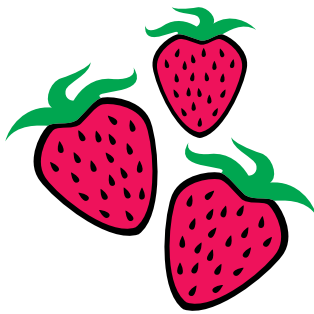
*Makes 15 (1 cup) servings*

## FROZEN WAFFLE TREAT

1 12-ounce box frozen mini waffles  
(48 waffles)  
8 ounces fruit-flavored yogurt

Spread yogurt on one waffle. Use just enough to cover to top of 24 waffles (about 2 teaspoons). Then top each waffle with another waffle, making a sandwich. Place in individual sandwich bags, and freeze until firm.

*Makes 24 mini waffle sandwiches*

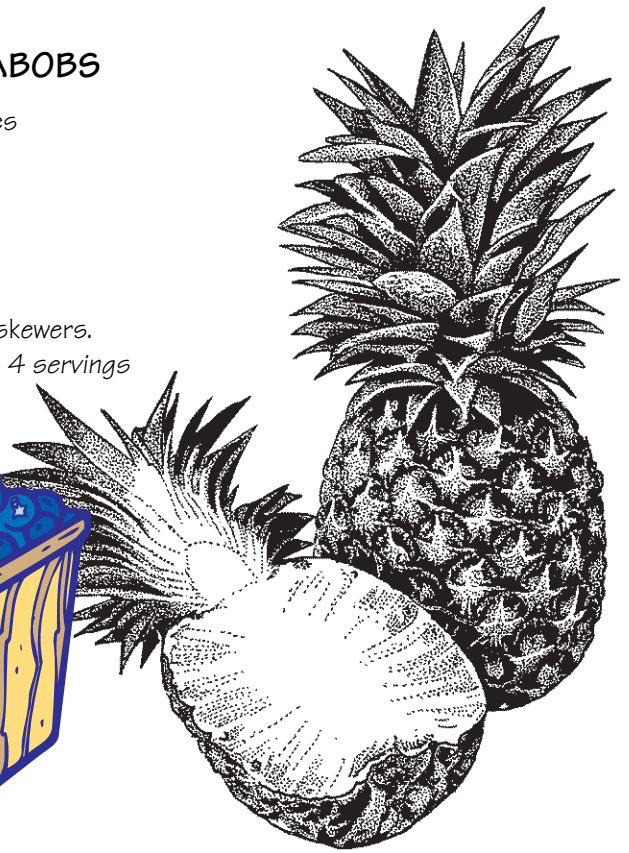
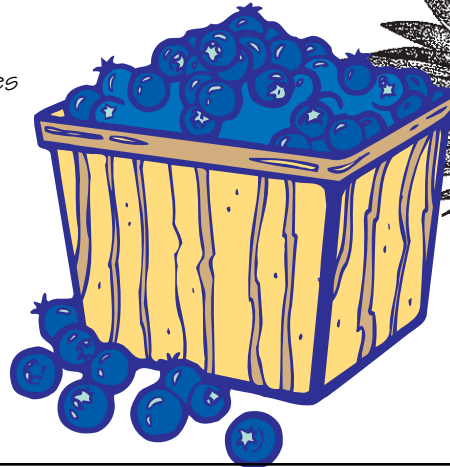


## FRESH FRUIT KABOBS

¼ pound seedless grapes  
1 cup pineapple chunks  
¾ cup strawberries  
½ cup blueberries  
2 bananas, sliced

Thread fruit on wooden skewers.

*Makes 4 servings*

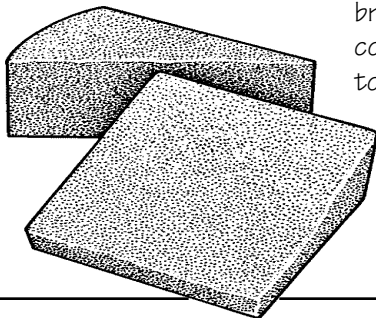


## WARM CHEESE PRETZELS

1½ cups flour  
½ cup shredded cheddar cheese  
¾ cup low-fat milk  
2 Tablespoons margarine  
2 teaspoons baking powder  
1 teaspoon sugar  
½ teaspoon salt  
Cooking spray  
1 egg, beaten  
Coarse salt (optional)

Preheat oven to 400 degrees. In a large bowl, combine all ingredients except egg and salt. Remove dough from bowl, and knead for 1 to 2 minutes on a lightly floured surface. Break dough into pieces and roll into thin ropes. Twist into pretzel shapes or other shapes. Spray cookie sheet with cooking spray. Place pretzels onto sheet and brush with egg. Sprinkle with coarse salt if desired. Bake 10 to 15 minutes or until browned.

*Makes 12 small pretzels*



## CINNAMON ROLL-UPS

4 slices soft sandwich bread  
¼ cup softened low-fat cream cheese  
2 Tablespoons raisins  
2 Tablespoons sugar  
1 teaspoon cinnamon  
2 Tablespoons margarine, softened

Preheat oven to 350 degrees. Remove crusts from bread slices. Spread each slice of bread with cream cheese. Top with raisins. Roll each slice of bread into a log with the cream cheese on the inside. Mix sugar, cinnamon, and margarine together in a small bowl. Spread on each roll. Place on a cookie sheet, seam side down. Bake roll-ups for 10 to 12 minutes or until golden brown. Serve warm.

*Makes 4 servings*

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