

Baby teeth matter



5.1%

of Colorado children ages 1 to 4 have at least one cavity.



22.5%

of Colorado children ages 5 to 11 have at least one cavity.



Because cavities can spread



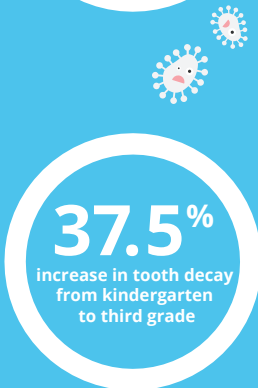
40%

of Colorado kindergartners experienced tooth decay or cavities.



55%

of Colorado third graders experienced tooth decay or cavities.



Sugar fuels bacteria

Sugar in foods and drinks, like juice, fuels bacteria on children's teeth. Acid from the bacteria eats the enamel of the baby teeth. The more often the bacteria get sugars, the better chance for a cavity.



Juice is full of cavity-causing sugar

On average, there are 26 grams of sugar in 8 ounces of apple juice. That's the same amount as soda.



Limit juice to mealtimes



When a child drinks or eats something sweet, it takes the bacteria in their mouth about 20 seconds to convert it to cavity-causing acid, which stays in their mouth for about 30 minutes.

Provide only water between meals, especially at bedtime



Putting your child to bed with juice in their bottle or sippy cup dramatically increases their risk for cavities.

Healthy baby teeth mean healthy adult teeth



Protect your child from cavities for a lifetime.
CavitiesGetAround.com

**CAVITIES
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