

Better dental health

# BREAKFAST IS tooth friendly



Breakfast is the most important meal of the day, but it's also good for your kid's teeth. A study by dentist Bruce A. Dye<sup>1</sup> and colleagues at the Centers for Disease Control and Prevention showed that children two to five years old who skip breakfast are more at risk for cavities. They also need to see their dentist more frequently than those who practice better eating habits.

## The proof is in these numbers

According to the study, children who skip breakfast are four times more likely to get cavities than kids who eat breakfast regularly. Without five servings of fruits and veggies every day, they increase their risk of developing cavities by more than three times.

"These findings reinforce the notion that good dietary habits promote oral health," says Dr. Dye. Encouraging your children to build good eating habits, such as eating a healthy breakfast every day, along with the appropriate use of fluoride, could further reduce the amount of cavities your children experience.

## Breakfast in the morning, less sugary snacks in the day

When we think of "typical" children's breakfast, most of us think of a sugary cereal and milk. How could this prevent cavities? According to Dr. Dye, kids who eat breakfast tend to eat fewer sugary snacks. Plus, milk is a tooth-healthy food, regardless of the amount they add to their cereal. When sugary cereals are eaten with milk, the effect of the sugar on your child's teeth seems to be reduced.



### Tooth-friendly tips:

- Eat a nutritious breakfast each morning
- Brush twice a day and floss each night after brushing
- Avoid sugary snacks and foods
- Eat five servings of fruits and vegetables each day
- See your dentist for routine cleanings and checkups

<sup>1</sup> Dye, B.A. Journal of the American Dental Association, January 2004; vol. 135. pp. 55–66. Data collected from 4,200 preschool children.

**GO YOU**<sup>SM</sup>



"Cigna" is a registered service mark, and the "Tree of Life" logo and "GO YOU" are service marks, of Cigna Intellectual Property, Inc., licensed for use by Cigna Corporation and its operating subsidiaries. All products and services are provided by or through such operating subsidiaries and not by Cigna Corporation. Such operating subsidiaries include Connecticut General Life Insurance Company, Cigna Health and Life Insurance Company, and HMO or service company subsidiaries of Cigna Health Corporation and Cigna Dental Health, Inc. All models are used for illustrative purposes only.

859213 12/12 © 2012 Cigna. Some content provided under license.