



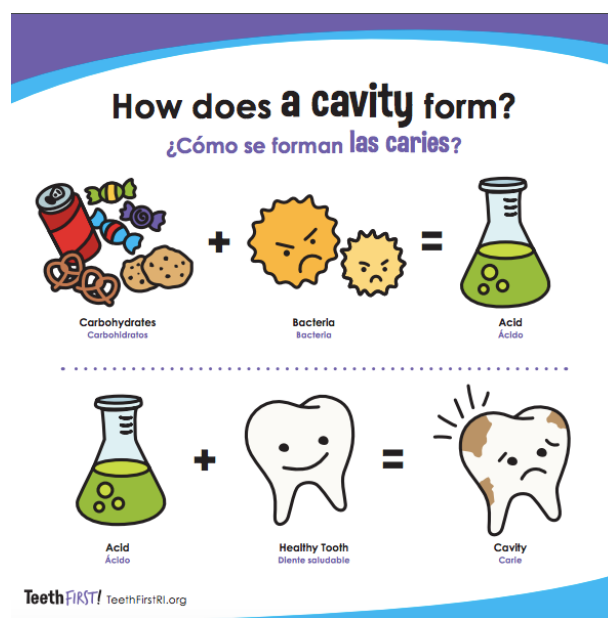
CAVITIES & PEDIASURE

Skip the Pediasure and choose something more pure!

Did you know that sugar-filled drinks like Pediasure could put your child at risk for cavities?

Tips to help keep your child's teeth clean

- Brush and clean in between! Teeth brushing after your child eats or drinks sugary foods or beverages helps fight cavities
- Choose water instead of sugary drinks



CHILDREN AGES 3-4 ARE
RECOMMENDED TO HAVE A
MAXIMUM OF 3-4 TSP OF ADDED
SUGAR EVERY DAY

AN 8 OZ. PEDIASURE HAS 6 TSP OF
ADDED SUGAR!

Visit www.eamail.uconn.edu or www.eatright.org/childrenshealth or
www.choosemyplate.gov for more tips and recipes!
Visit www.snap4CT.org for food resource benefit information

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Created by UConn students Elizabeth White and Alyson Gaylord

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