Skip the Sippy Cup Filled with Sugary Drinks!

Did you know that long term use of sippy cups can increase your child's risk of cavities?

Tips for keeping your child's teeth clean

1. Limit sugary drinks and only offer water in your child's cup! Sugar in drinks like milk or fruit juice can lead to cavities.

2. Skip the all-day sip! Have a child only use a sippy cup during meal times, so saliva can wash any sugars away!

3. Sugar is here to stay unless you wash away! Always rinse and sanitize a child's cup after they're done!

4. Try not to soothe an upset child with their sippy cup. Offer them a stuffed animal or their favorite toy for comfort instead!

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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