

Breakfast is tooth-friendly

# Breakfast each day may help keep cavities at bay



Did you know that kids aged 2 to 5 years old who skip breakfast are **four times more likely** to get cavities than children who eat breakfast regularly?

## Why such a dramatic impact to children's teeth?

A study by dentist Bruce A. Dye<sup>1</sup> and colleagues at the Centers for Disease Control and Prevention indicates that children who skip breakfast or don't eat their fruits and veggies have a **higher chance** of developing cavities. And, they will need to see their dentist **more frequently** than children who practice better eating habits.

"These findings reinforce the notion that good dietary habits promote oral health," Dye and colleagues write in the January 2004 issue of the *Journal of the American Dental Association*. They also say that 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 children experience.

## Aren't most "kid-friendly" breakfasts full of sugar?

When it comes to the "typical" children's breakfast, most of us think of a sugary cereal and milk. How could this possibly prevent cavities? Dr. Dye notes that kids who eat breakfast tend to eat fewer sugary snacks; and regardless of the amount added to the cereal, milk is a tooth-healthy food. When sugary cereals are eaten with milk, he says, the effect of the sugar on your child's teeth seems to be reduced.

## Fruits and vegetables – five servings a day.

And, kids who don't eat the recommended five servings of fruits and veggies every day increase their risk of developing cavities by **more than three times!**

### Help prevent cavities with these 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 check-ups

Fewer cavities: Another reason that breakfast is the most important meal of the day!

<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.

Information provided by the Centers for Disease Control does not necessarily reflect the endorsement of CIGNA. CIGNA's efforts are not tied to these organizations' efforts in any way.

CIGNA Dental<sup>®</sup> refers to the following operating subsidiaries of CIGNA Corporation: Connecticut General Life Insurance Company, and CIGNA Dental Health, Inc. and its operating subsidiaries and affiliates. This document is provided by CIGNA solely for informational purposes to promote consumer health. It does not constitute medical advice and is not intended to be a substitute for proper dental care provided by a dentist. CIGNA assumes no responsibility for any circumstances arising out of the use, misuse, interpretation or application of any information supplied in this document. Always consult with your doctor for appropriate examinations, treatment, testing, and care recommendations. 02/09 © 2009 CIGNA



it's time to feel better