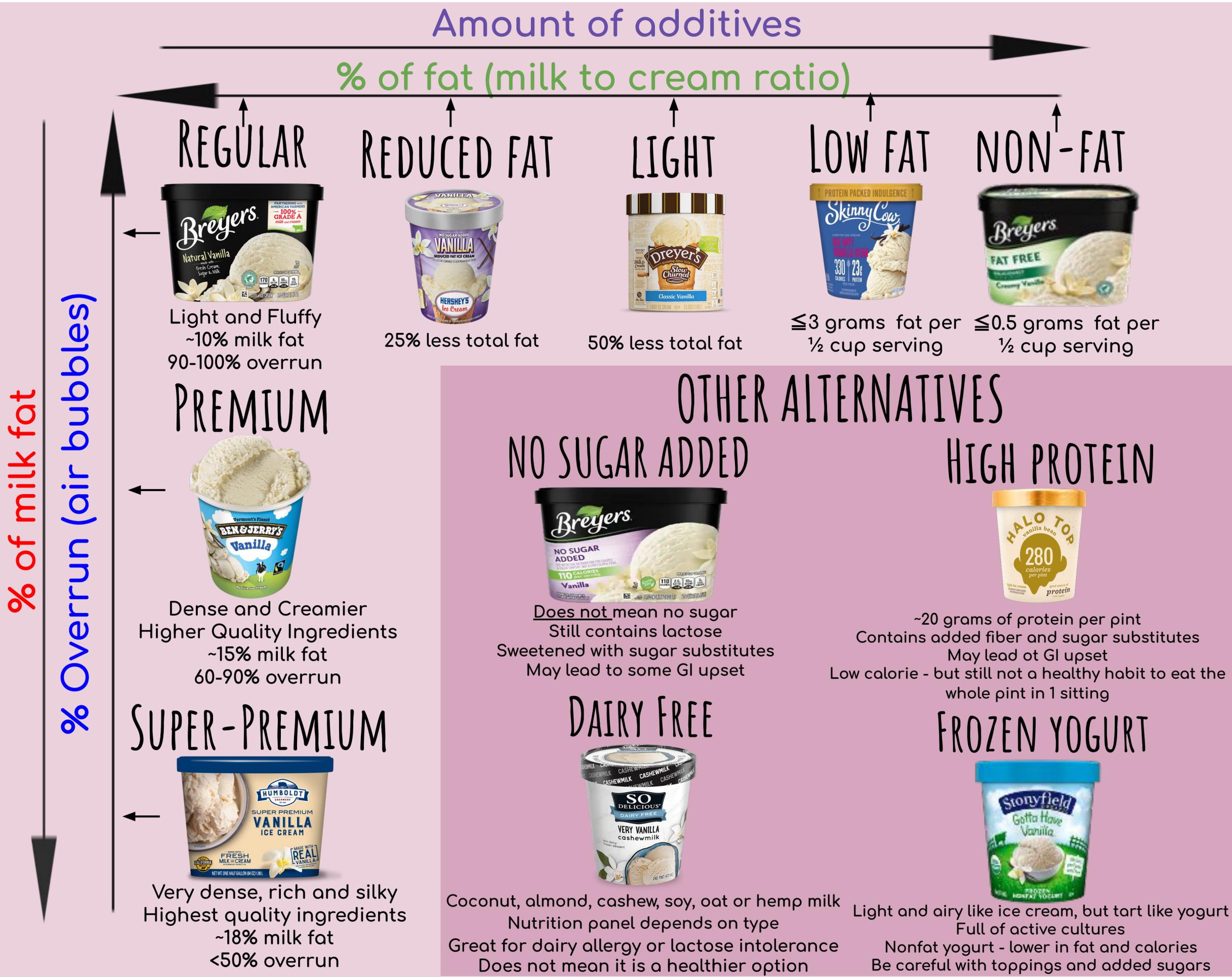


WE ALL SCREAM FOR ICE CREAM!

Did you know that while consuming ice cream to cool off this summer, you are also helping keep your kids bones, teeth and muscles strong? Packed in a sweet treat that melts in your mouth, ice cream provides calcium, Vitamin D, phosphorus and protein among other vitamins and minerals. This is why ice cream is a great dessert option that both dentists and dietitians agree on! With so many types of ice cream lining the ice cream aisle, it may be hard to know which type best suits your child's needs. This week's handout helps you understand the difference.



Dental Note: Be cautious of cones and toppings! Ice cream cones and toppings like sprinkles or gummy bears can get caught in the grooves of your child's teeth. Sugar that lingers in the mouth causes the mouth to stay acidic longer, weakening the teeth. Over time that weakening can lead to cavities. If a cone or toppings are rinse well with water after!