

Dr. Little's Dental News

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SIPPY CUPS, JUICE, & DENTAL EROSION

The American Academy of Pediatrics' (AAP) revised guidelines on children's fruit juice consumption calls for a halt to fruit juice for babies under one year of age. While parents might assume that a drink containing "100 percent fruit juice" is healthy, the AAP warns that the drink provides "no nutritional benefit." And although such drinks may contain some vitamins and minerals, they may also contain up to two teaspoons of sugar per 100-milliliter serving and high amounts of acid that contribute to dental erosion. The AAP recommends no more than 4 ounces of fruit juice for toddlers aged 1-3 years. The use of sippy cups is also discouraged because

they allow juice to pool around teeth for prolonged periods.

As soon as your baby has teeth, he or she can get cavities. That is why your child's first dental visit should take place after the first tooth appears, but no later than the first birthday. Being proactive about your child's dental health today can help keep his or her smile healthy for life. To schedule an appointment, please call our office. New patients are always welcome.

P.S. Babies should not be allowed to go to sleep with a bottle containing milk or formula since this habit can lead to "baby bottle tooth decay."

Dr. Little provides quality family and cosmetic dentistry.

His office is located at 344 Placerville Dr., Suite 19, Placerville.

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