



MARCH 2011

VOLUME 4, NUMBER 3

Morris' MINUTES

MONTHLY FOCUS:

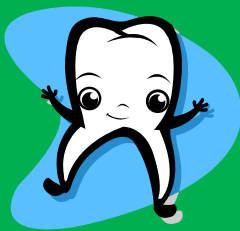
HEALTH



CONTENTS:

Sugar Bugs!

We Have a Winner!



FUN STUFF:

Connect & Color!



How can you defeat the sugar bug?

Beat the Clock - foods that are eaten during a meal usually pose less of a threat to teeth because of the additional saliva produced during mealtime eating. Saliva helps to wash food particles from your mouth and lessen the damage from acid.

Brush & floss those teeth - toothbrushing is important, and you should brush twice a day. Did you know that if you don't floss, you miss cleaning up to 35% of each tooth? If you're not sure how to floss, just ask your dentist.

Stock up on Dairy Products - yogurt and cheese, milk and milk products contain things that are good for your teeth. Everything that's made from milk is a good source of calcium - an essential nutrient for the development of bones and teeth. Some scientific studies have shown that eating cheese might actually help to protect your teeth from cavities by preventing something called demineralization (the loss of important calcium in your teeth).



Chocolate Cake: 4 oz piece — 10 tsp. of sugar

Chocolate Eclair: 1 — 7 tsp. of sugar

Chocolate mints: 1 piece — 23 tsp. of sugar

Cream puff (iced): 1 — 25 tsp. of sugar

Donut: 1 — Up to 34 tsp. of sugar

Fruitopia fruit drink: 20 oz size — Up to 17 tsp. of sugar

Fudge: 1 oz square — 4.5 tsp. of sugar

Hard candy: 4 oz piece — 20 tsp. of sugar

Peanut brittle: 1 oz — 3.5 tsp. of sugar

Raisins: Half-cup — 4 tsp. of sugar

Sherbet: 1 scoop — 9 tsp. of sugar

Slice of berry Pie: 1 slice — 10 tsp. of sugar

"Slush" frozen drink: 32 oz size — 28 tsp. of sugar

Soda pop: 12 oz size — Up to 10 tsp. of sugar

Sunkist Orange Soda: 12 oz size — 13 tsp. of sugar



And the Winner Is....

February winner for guessing the correct number of books is Kortnai Chase! Kortnai guessed there were 39 books - and that's right! She's the winner of a \$25 gift card to Target!



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Dr. Barlow recommends you visit him twice a year for check-ups! See you soon!