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**The Quick Guide to Healthy Eating and Oral Health for your child**



In partnership with Glasgow City Council

* Encourage your child to eat five different types of fruit/vegetables every day in child size portions.
* Include bread, cereal, potatoes, rice, pasta or chapatti as part of every meal.



* Your child should have some milk, cheese and/or yoghurt three times a day.
* Meat, fish, chicken, eggs, beans or pulses should be included at lunch and dinner.
* Limit the number of times, and the amount of sugary and fatty foods your child eats, particularly sweets and snacks.
* Give your child water and milk for drinks, especially between meals.
* Brush your child’s teeth in the morning and before bed with a fluoride toothpaste (1500ppmF).
* Always ask your pharmacist for sugar-free varieties of prescribed and over the counter medicines for your child.
* Take your child to visit the dentist at least once a year.



Tamara Marashi

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