



CHILDREN'S DENTISTRY

March 2010

Office Newsletter

Happy March everyone! We hope everyone had a wonderful February, a Happy Valentine's Day and a Happy Chinese New Year!



NATIONAL NUTRITION MONTH






Did you know March is National Nutrition Month?! Besides brushing and flossing daily, watching what your child eats is equally as important to prevent cavities and maintain healthy teeth. We strive to help every child and parent that comes to our office develop good eating habits and make informed choices when it comes to nutrition.

Between-meal snacking is the number one cause of dental decay. We strongly recommend minimizing the frequency of snacking and avoiding fruit juices (even 100% natural) and other fruit snacks. If your child must snack between meals, try to choose:

-  Fresh fruits (Apple, Orange, Pear, etc)
-  Vegetables (Carrot, Tomato, Celery, etc)
-  Nuts and seeds
-  Milk and water
-  Cheese

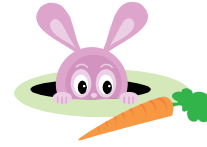


AVOID:

-  Fruit juices and soft drinks
-  Candies and cookies
-  Graham crackers
-  Cereal, granola bars
-  Dried fruit (raisins, dates, etc)

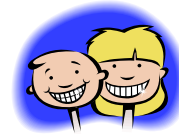


If you have a question about snacking and nutrition, feel free to ask us!



RECOMMENDED READING

Looking for a good book to read? We recommend Michael Pollan's books on eating well and healthy as well as other food-related issues. Some of his books include *In Defense of Food*, *The Omnivore's Dilemma*, and his newest book, *Food Rules*. He talks about how rather than eating sugar-laden processed convenience meals and snack foods, why not have fresh fruits and produce instead?! His books can be found in local bookstores so feel free to check it out!



WE ALWAYS WELCOME NEW FACES!

We always welcome new faces to our office and appreciate our wonderful patients for sending their family and friends over! That is truly the greatest compliment our patients can give us, and we always value your trust and confidence!



PRESCHOOL VISITS/FIELD TRIPS!

We would love to invite your child's class to come visit our office for a fun and exciting presentation from the famous Tooth Fairy! Children will get to learn about their teeth and ways to keep them clean and healthy while having loads of fun! If you would like to have your child's class come visit, give us a call at **(510) 524-4633** and we'll schedule a visit! We always love to hear from you!

We hope everyone has a wonderful rest of the month and remember to eat lots of healthy food!



Sincerely,

Dr. Matsuishi and Staff

