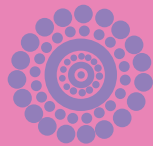
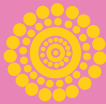


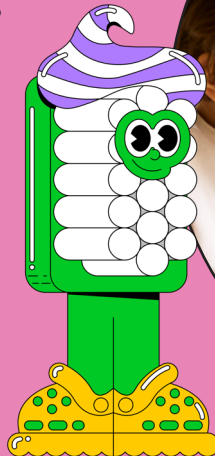


Healthy teeth love a healthy diet.

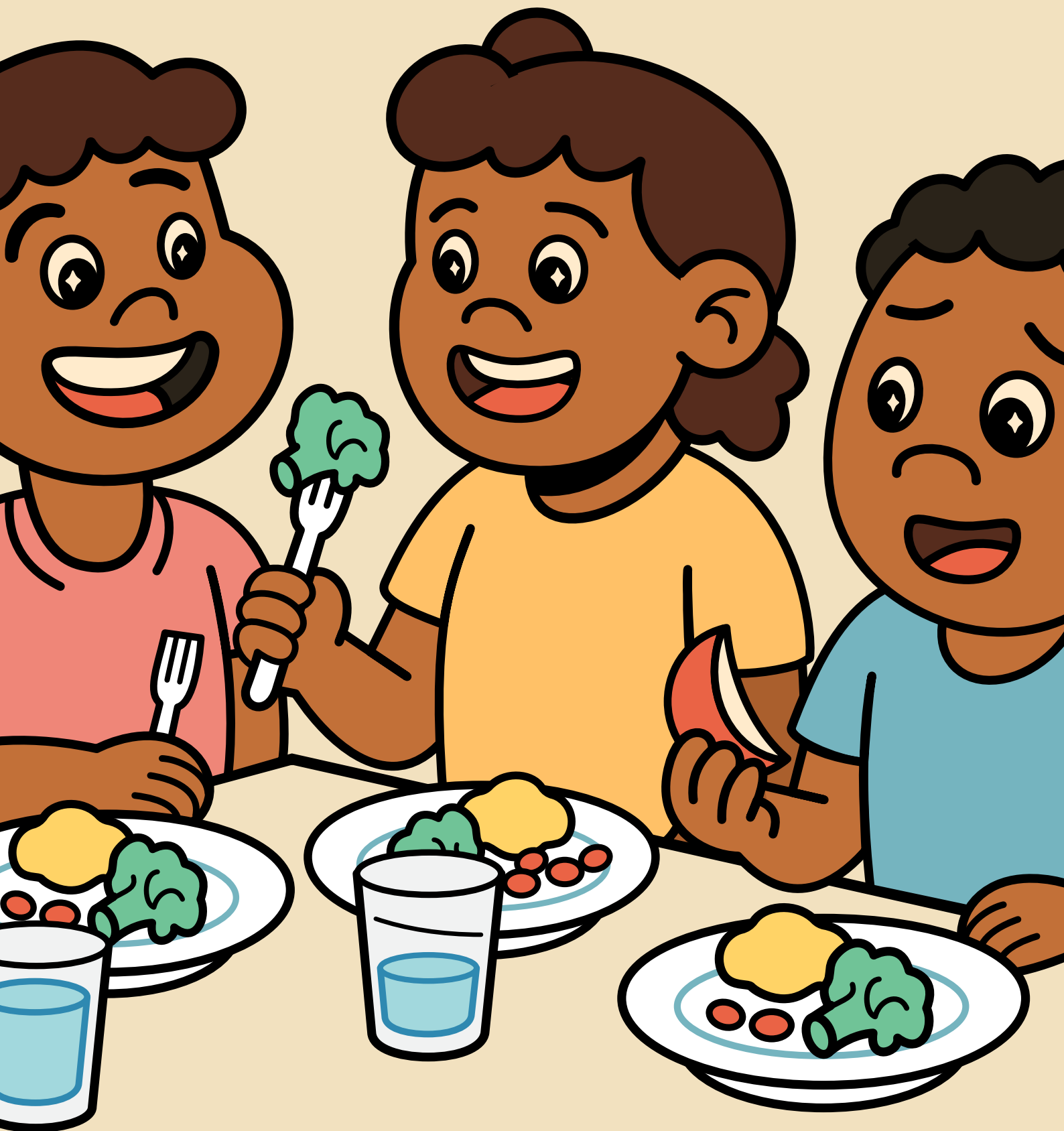
- Sugary lollies, juice and soft drinks can cause tooth decay.
- Try to keep sugar low, even avoid natural sugars like honey.*
- To give your little one a healthy start, focus on a balanced diet.
- That includes variety, like veggies, fruit, bread, pasta, meat and beans.



**Note: Children under 12 months should never be given honey because the bacteria can make babies sick.*



Eating healthy food with less sugar helps keep their smiles bright.



Disclaimer: This publication is for general education and information purposes. Contact a qualified healthcare professional for any medical advice needed.

This document can be made available in alternative formats on request for people with disability.

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Early Childhood Dental Program

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