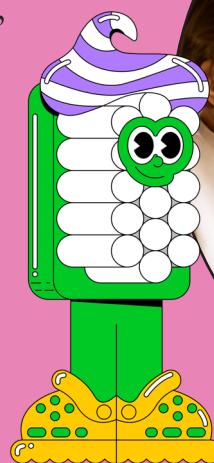


Healthy teeth love a healthy diet.

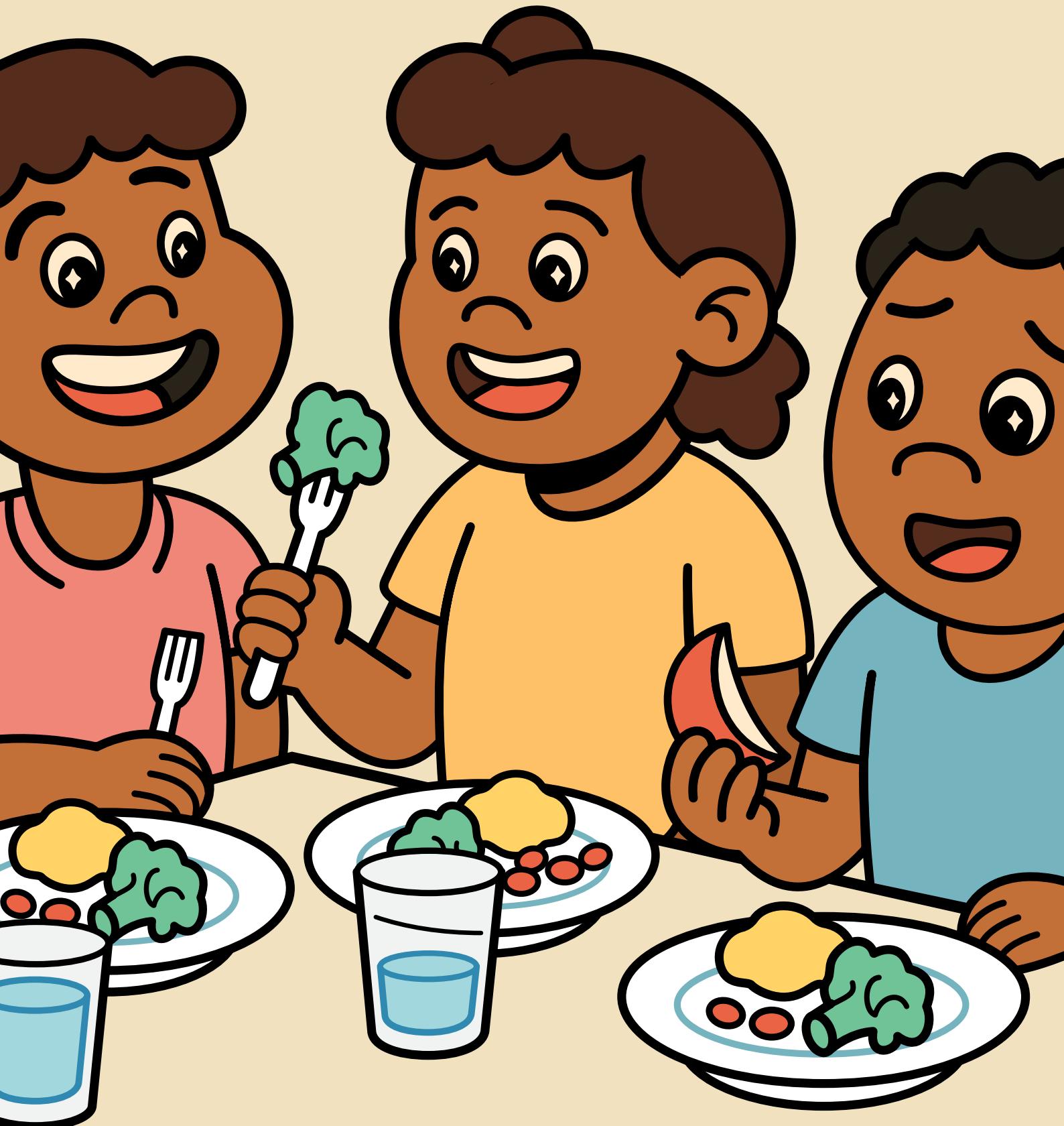
- Sugary lollies, juice and soft drinks can cause tooth decay.
- Try to keep sugar low, even avoid natural sugars like honey.*
- To give your little one a healthy start, focus on a balanced diet.
- That includes variety, like veggies, fruit, bread, pasta, meat and beans.



*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.

Produced by Smiling Starts

© State of Western Australia, Child and Adolescent Health Service 2025

Early Childhood Dental Program

smiling starts 