



## **Nutrition for Happy Teeth**

- The news today contains many stories of links between oral health and overall health.
- It is important to take care of your teeth for the sake of your body and to take care of your body for the sake of your teeth.
- Nutrition is important for overall health and therefore important for oral health.
- The FDA recommends 5-9 raw fruits and veggies for children each day.
- It is recommended that children eat a “rainbow” colors each day
  - Bright red tomatoes and cranberries and strawberries or red peppers
  - Yellow pineapples and squash
  - Leafy green kale and broccoli
  - Dark purple beets and berries
  - Orange carrots or sweet potato
- Unfortunately, most of our kid’s diet comes from white breads and pasta, meats, and a hint of color on the side if we are lucky .
- Man-made supplements are “dead” vitamins in that they are not in their natural form and therefore not very well absorbed into their system.

***The following suggestions are from Dr. Sears “9 simple steps to a healthier family diet”***

### **Step One: Shape young tastes**

*"There are mothers in my practice that I call "pure moms," Sears continues. "They never let a morsel of junk food enter their children's mouths. I followed these children over the years and noticed that they weren't sick as often, and didn't have as many school and attention problems. And when the "pure" children went out into the real world of birthday parties and junk food, they didn't overdose.*

*"They had actually developed a taste for real, wholesome food."*

*"You don't have to be perfect," Sears assures. "The occasional junk food is okay. But the more you can start programming your children toward healthier eating in the early years, the healthier they will be."*

### **Step Two: Feed your family the right carbohydrates**

*"Carbohydrates are not bad things" according to Dr. Sears. "We need healthy carbs -- young children especially. At least 50 percent of a child's diet should be in the form of healthy carbs -- even more if they're very active.*

*Adults need plenty of healthy carbs too.*

*The key is to get good carbs, not bad ones," Sears elaborates. "Good carbs are packaged by nature: fruit, vegetables, legumes, and whole grains. Bad carbs come from the factory. The worst carbs are sweetened beverages."*

### **Step Three: Feed your family the right fats**

*Dr. Sears adds that fats are not bad either. "People of all ages need a right fat diet, not necessarily a low fat diet," he advises.*

*Sears believes that we don't get enough right fats in our diets. "The two main nutritional deficiencies that exist in all ages are:*

*1) Fruits and vegetables and 2) omega-3 fats." he confirms that the best fats are found in seafood, especially wild salmon, in healthy oils, such as flax oil and olive oil, in nuts and nut butters, in seeds, such as sesame seeds and sunflower seeds, and in avocados.*

*"The less healthy fats come from animal fats," he explains. "The worst fats of all are hydrogenated fats and oils. These fats come from the factory, where they have been processed and chemically changed to make the food last longer."*

### **Step Four: Feed your family grow foods**

*Grow foods are whole foods; fruits, vegetables, legumes, whole grains, nuts, yogurt, eggs, healthy oils. These foods share one important thing in common, they come from nature, not from the factory.*

*Dr. Sears uses the term grow foods with children "because they equate it with things that they want to do: running fast, getting bigger, getting stronger, getting smarter." He suggests that parents emphasize grow foods in the family diet with what he calls traffic light eating.*

*"Green light foods are go-for-it-foods, anytime foods. These are the fruits, the vegetables: all those grow foods that we find in nature. Then there are the yellow light foods -- the sweet treats, the desserts. These are sometime foods. Finally we have the red light foods. They are no-time foods. The red light food says, "Stop! Can you make a healthier choice?"*

### **Step Five: Raise a grazer**

*Sears is also a big fan of grazing -- "eating small, frequent 'mini-meals' throughout the day instead of gorging on big meals" he explains. "Children are meant to graze. People of all ages are healthier when they graze. Studies have shown that if we break our eating up into five or six mini-meals instead of three big meals, we tend to put on less extra body fat."*

### **Step Six: Start the day with a brainy breakfast**

*Dr. Sears is a huge proponent of a healthy breakfast. "Breakfast sets the nutritional tone for the day" he asserts. "The brain does not store energy so it requires a steady supply. Sending your child off to school without a healthy breakfast is like driving your car off to work with an empty fuel tank."*

*"When children skip breakfast or have a junk carb breakfast they simply run out of gas around mid-morning," he continues. "It's no wonder children get labeled as having learning and attention problems."*

### **Step Seven: Feed your family lots of fruits and vegetables**

*"Remember how grandmother told you to eat your fruits and vegetables?" Sears asks. "Well she was nutritionally correct. Fruits and vegetables are natural grow foods. They have the right carbs, the right fats, fiber, protein -- they are the total nutritional package."*

*Sears encourages us to think of fruits and vegetables as "nature's pharmacy." They contain phytonutrients that help make us healthier, so it's very important to eat a wide variety of fruits and vegetables that contain a wide variety of phytonutrients."*

### **Step Eight: Take your children to the supermarket**

*Sears sees the supermarket as a giant nutritional classroom. "Take advantage of it by taking your children grocery shopping," he recommends. "Kids love to be active shoppers. Start by sitting down with your child and making a shopping list full of grow foods," he suggests. "When you get to the supermarket, look together for healthy foods. Go to the cereal aisle and have your child pick out the cereals that have the 'right' carbs on the label. Have her (or him) pick up a loaf of white bread in one hand and a loaf of 100 percent whole-wheat bread in the other and compare them."*

### **Step Nine: Add Juice Plus+ to the family diet**

*"In an ideal world there is no substitute for eating real, whole foods," Sears concurs. "But the fact is that we don't live in an ideal world nutritionally."*

*That's why Dr. Sears recommends Juice Plus+.*

*"Juice Plus+ contains the nutritional essence of 17 different fruits, vegetables, and grains, conveniently packaged in little capsules. It's like an insurance policy to make sure you get more of the nutrition you need from fruits and vegetables."*

*What has most impressed Dr. Sears is what he has seen in his own practice. "I took children who had terrible eating habits and were sick all the time and put them on Juice Plus+," he remembers. "Their moms would come in later and say, 'You know Dr. Bill, something surprising happened. After my child started taking Juice Plus+, she started to eat more fruits and vegetables too.'"*

*Sears concludes that it is a matter of metabolic programming "...that process of shaping young tastes," he declares.*

*"When you give the body all this nutrition from fruits and vegetables, it says 'Wow that's really good for me! Give me more!'"*

*Dr. Sears wants his Nine Simple Steps to make a difference in every family's health because "the best gift you can give your children is the gift of health."*