



Wellness
Nutrition

February 2019 **Fun FaCts**

National Children's Dental Health Month

Why is Fluoride Important for Teeth?

Fluoride is an important mineral for everyone. Bacteria in the mouth combines with sugars and produces acid that can harm tooth enamel and damage teeth. Fluoride protects teeth from acid damage and helps reverse early signs of decay.

How Can My Family Get Fluoride?

Fluoridated water and toothpaste are the most common ways to get fluoride.

Is Fluoride Safe for My Child?

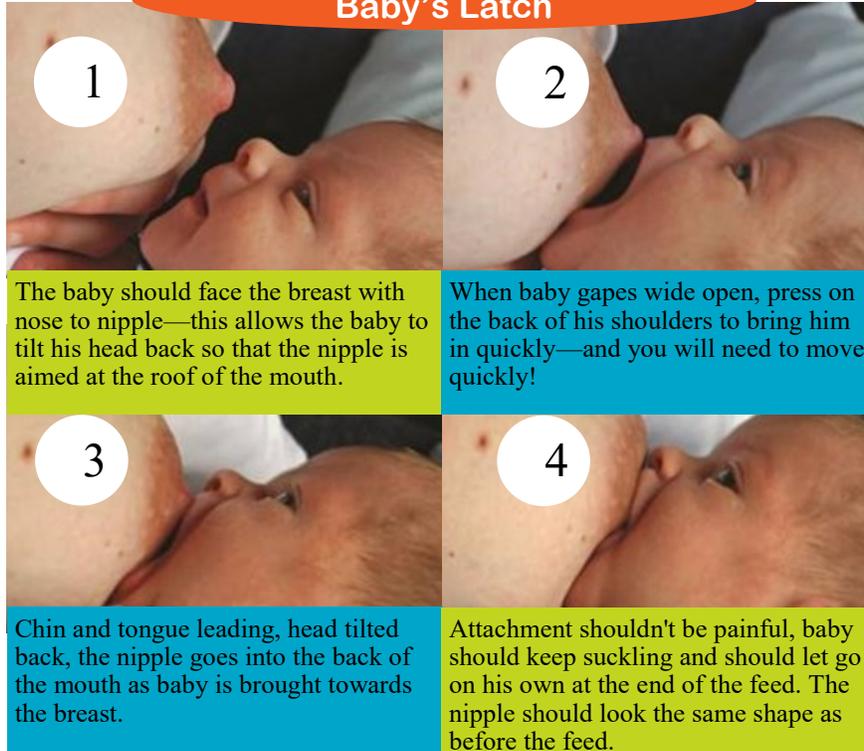
Yes! The American Dental Association and the American Academy of Pediatrics both recommend fluoride toothpaste as soon as the first tooth appears.



<https://healthychildren.org/English/healthy-living/oral-health/Pages/FAQ-Fluoride-and-Children.aspx>

breastfeeding blurb

Baby's Latch



Photos and descriptions from realbabymilk.org

Delicious & Nutritious!

One-Pot Pasta with Tuna

Don't like tuna or want more veggies? This versatile dish is easy to sub in veggies or other meats

Ingredients:

- ¾ cups water
- 8 ounces whole-wheat spaghetti
- ½ cup pitted green olives
- 2 teaspoons fresh lemon zest, plus juice of half a lemon
- 2 (5 ounce) cans unsalted tuna, drained and flaked
- 3 tablespoons chopped fresh dill or dill weed
- 2 tablespoons extra-virgin olive oil or cooking oil
- ½ teaspoon ground pepper
- ½ teaspoon salt



Directions:

Combine water, spaghetti, olives, lemon zest, lemon juice, salt and pepper in a large deep skillet. Bring to a boil, reduce heat to maintain a lively simmer and cook, stirring occasionally, until most of the water is absorbed and the pasta is tender, 10 to 12 minutes. Remove from heat and stir in tuna, dill and oil.

<http://www.eatingwell.com/recipe/262451/one-pot-pasta-with-tuna/>