

## **FILL AN EASTER BASKET WITH TREATS SURE TO MAKE ANY CHILD SMILE**

*Delta Dental of Illinois recommends nibbling on carrots after a sugary snack*

**(April 2009)Lisle, Ill.** – An Easter basket filled with jellybeans is sure to bring a smile to any child’s face. [Delta Dental of Illinois](#) would like to remind parents to think creatively when filling up their children’s baskets.

“It’s all right to indulge in treats, especially during a special occasion, but only in moderation,” said Dr. Katina Morelli, D.D.S., dental director at Delta Dental of Illinois. “I recommend sticking with chocolates that melt quickly. A great example of this is the holiday favorite – the chocolate Easter bunny.”

Parents should avoid gummy, sticky and hard candy, instead selecting treats that are easier to brush away and gentle to dental work, such as braces. Sticky candies, like jellybeans, can uproot fillings and the sugar tends to stay on the teeth. Long-lasting candies create an acid attack on the teeth the entire time they are in the mouth and for another 20 minutes after they have melted away.

“If children do eat hard or sticky candies, they should follow it up with a glass of water or milk, both which will help rinse sugar away from the teeth,” said Dr. Morelli. “Easter Bunny-approved carrots also make a great post-candy snack to help clean teeth of residual sugar.”

Delta Dental of Illinois also recommends kids have a nutritious meal or snack prior to digging into their Easter treats to avoid over indulgence.

As always, there’s no substitute for brushing and flossing at the end of the day to help keep teeth clean and cavity-free. And if parents are in need of a great Easter basket idea, a brightly-colored toothbrush and flosser can bring a smile to a child’s face and help keep that smile bright.

[Delta Dental of Illinois](#) (DDIL) is a not-for-profit dental service corporation specializing in providing comprehensive, easy-to-use and cost-effective benefits to 1.4 million employees and family members in more than 3,600 Illinois employee groups. Based in Lisle, Ill., DDIL offers an array of extensive nationwide network-based managed fee-for-service, PPO and dental HMO plans.

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