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We make kids smile!

Special Doctor Edition

# Gator News



## Meet Dr. Matthew

**Favorite Place to Eat:**  
Chick-Fil-A

**Favorite Store to shop at:**  
HEB Central Market

**Favorite Place to Visit:**  
Wimberley

**Favorite Activity:**  
Hiking

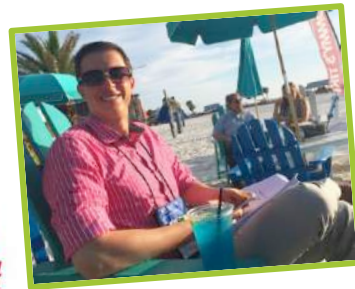
**Favorite Kids Movie:**  
Happy Feet

**Something Unique About Me:**  
I love to wear red sneakers



## A little about Dr. Matthew:

Dr. Matthew Gillham is passionate about creating dental experiences that are positive, comfortable, educational and FUN! He believes that a parent/child team who is educated and works together is the best formula to combat early childhood tooth disease.



Enjoys being outdoors, staying fit, traveling & reading



Ready to have a blast with the kids and Gator Crew at Alligator Dental!

# Awesome Advice

From Dr. Matthew~



## Attack of the Sugar Bugs!



Sugar is everywhere! How does a parent best combat the damaging effects sugar has on little teeth?



The **key to success** is to set limits. How often and when a child consumes sugar is as important as how much they consume. When a parent limits the frequency and duration of sugar exposure for their child they are one step closer to winning the war!



### 4 Simple steps to limit sugar:

- 1) Fill sippy cups with water only.  
Children shouldn't sip on sugary drinks. If you give your child beverages other than water serve them in a regular cup. If you do choose to use a sippy cup give limits to how quickly they need to finish the drink, then take the cup away.
- 2) Don't allow a child to go to sleep with a bottle of milk.  
Milk contains natural sugars that can weaken teeth. If your child uses a bottle in bed it should be filled only with water.
- 3) Children 1-6 years of age should only consume 4-6 oz. of fruit juice per day.  
The best way to serve juice is in a cup (not a bottle or sippy cup) as part of a meal or snack.
- 4) Limit candy consumption.  
Sucking on candy extends exposure to sugar. Brush teeth after consuming candy.



Please help Andy  
welcome Dr. Matthew  
to Alligator Dental!

We are happy to have  
him join our amazing  
Gator Crew!

# Recipe:

## Red Quinoa and Citrus Salad

~Compliments of Dr. Matthew



### Ingredients:

¾ cup red quinoa - cooked & cooled  
Juice of 3 limes (about 1/3 cup)  
2 teaspoons agave nectar  
1 jalapeno, seeded & minced  
½ teaspoon minced garlic  
¼ teaspoon ground cumin  
2/3 cup canola oil  
½ cup chopped fresh cilantro + 2 Tablespoons  
½ teaspoon lime zest  
Kosher salt  
2/3 cup naval orange segments  
½ cup diced, peeled & trimmed jicama  
¼ cup diced red onion  
½ cup toasted, sliced almonds (plus garnish)

### Directions:

1. Vinaigrette: Whisk lime juice, agave nectar, jalapeno, garlic and cumin in glass mixing bowl. Drizzle in the oil slowly, continuing to whisk. Once smooth and slightly thickened, whisk in cilantro and lime zest, season with salt.
2. Place oranges, jicama, almonds and 2 Tablespoons cilantro in medium bowl. Pour in about half of vinaigrette and gently toss. Fold into quinoa. Drizzle in remaining vinaigrette and toss to combine. Garnish with almonds and serve immediately.

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