

# SNACK GUIDE for healthy teeth

- Raw, crunchy veggies
- Cheese
- Nuts
- Fats
- Hummus
- 100% Nut spreads
- Meats and Eggs
- Water!



These foods are low in carbs and **won't cause cavities!**

Remember to choose age-appropriate foods and to avoid choking hazards for little ones (grapes, nuts, hot dogs, etc.).

- Whole grain bread
- Fresh fruit
- Popcorn
- Vanilla ice cream
- Oatmeal
- Whole milk
- Dark chocolate (>70% cacao)
- Yogurt (no sugar added)



These foods (usually) won't cause cavities. The key is to avoid grazing all day and have **at least 2 hours in between meals** and/or snacks, with only water to drink in between.

- Cereals
- Crackers
- Pretzels
- Candy
- Pop
- Granola bars
- Fruit snacks/dried fruit
- Purees/Pouches
- Sports Drinks and Juice
- Chocolate milk



These foods cause cavities quickly and should be considered **"sometimes foods"** – as in we eat them only sometimes, not every day. **Dried/processed flour foods cause cavities.**

## Don't forget to go to bed with clean teeth!

After brushing, no more snacks and only water to drink.  
Please consult your child's pediatrician for individual guidance.

