

# HEALTHY TEETH SNACK GUIDE

## WON'T CAUSE CAVITIES



Water



Crunchy  
Vegetables



Lettuce



Cheese



Almond Butter  
(no added sugar)



Eggs



Meat



Nuts

REMEMBER TO GIVE YOUR CHILD AGE APPROPRIATE FOOD. NUTS, HOT DOGS AND GRAPES ARE COMMON CHOKING HAZARDS IN YOUNG CHILDREN.

## USUALLY WON'T CAUSE CAVITIES



Milk



Berries



Fresh, Crunchy  
Fruits



Oatmeal



Whole Grains



Popcorn



Yogurt



Ice Cream



Smoothies



Dark Chocolate

THIS LIST, INCLUDING MILK AND FRUIT, HAS THE POTENTIAL TO CAUSE CAVITIES QUICKLY IF YOU DON'T ORGANIZE MEAL AND SNACK TIMES.

## WILL CAUSE CAVITIES



Soda



Juice



Sports Drinks



Fruit Snacks  
& Dried Fruit



Cereal



Granola &  
Cereal Bars



Chips, Pretzels &  
Crackers



Desserts



Cookies



Citrus



Candy

HIGHLY ACIDIC, PROCESSED AND DRIED (RAISINS) FOODS CAN CAUSE CAVITIES QUICKLY. THEY SHOULD BE EATEN AS TREATS, NOT EVERY DAY.

# HELPFUL TIPS



Foods high in carbohydrates, sugars and starches greatly contribute to the production of plaque acids that attack the tooth enamel and can result in cavities.



Fruit snacks and dried fruit (like raisins) should be avoided. They are full of sugar and stick to teeth, easily causing cavities.



When choosing a snack, go for nutritious foods such as cheese, raw vegetables, plain yogurt or a piece of fruit.



Drink water in between meals whenever you are thirsty.



Sports drinks should be avoided, even if they are low in sugar. They still contain acid for flavoring which can damage teeth.



Milk and juice (no more than 4 oz per day) should be limited to meal or snack time and be consumed in one sitting with food. Never “sip” a sugary drink.



Avoid snacking and eating all day long. Give your child at least 4 organized “mini-meals” a day.



Brush for two minutes, twice a day with a toothpaste containing fluoride. Don't rinse with water after brushing, it washes all that great fluoride off your teeth. Supervise young children to ensure they brush thoroughly. And remember to floss!



In the evening, avoid eating or drinking anything except water after brushing or you will need to brush again.

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This is a guide made specifically for teeth, and not overall nutrition. There may be exceptions for individuals with dry mouth, acid reflux, genetic anomalies, hypoplasia, and unexpected circumstances.

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