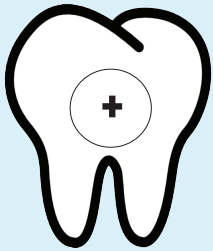
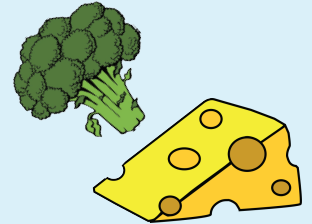




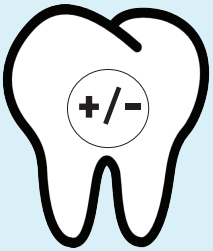
Tooth Snack Guide



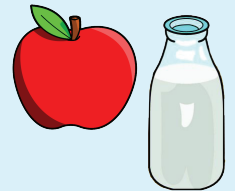
- Raw, crunchy vegetables
- Raw, leafy vegetables
- Cheese
- Nuts
- 100% Nut Butters
- All Meats
- All Fats
- Water



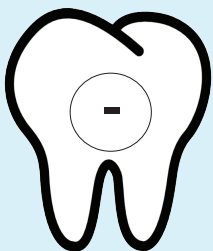
Give your child age appropriate food. Nuts, hot dogs, grapes, and sausages are common choking hazards, especially in children 3 years old and under. Be cautious of food allergies.



- Whole milk
- Fresh fruit (crunchy is best)
- Whole grain bread
- Popcorn
- Smoothies
- Dark chocolate (>70% Cacao)
- Yogurt
- Ice Cream (moderate)
- Dips & sauces
- Oatmeal



This list, including milk and fruit, has the potential to cause cavities quickly if you don't include other healthy items. The sugars won't stay in contact with teeth for long if you organize with healthy eating habits and timely brushing.



- Candies
- Soda
- Juice
- Chocolate milk
- Cookies
- Dried fruit
- Fruit snacks/strips
- Sugary cereals
- Pretzels
- Crackers
- Oranges & bananas (good, but moderate)
- Sports drinks



Even some healthy foods can cause cavities quickly. Processed and/or dried is not good for teeth.