

Tooth Snack Guide

WON'T
CAUSE CAVITIES



CRUNCHY VEGGIES



ALL MEATS



NUTS



LEAFY VEGGIES



EGGS



ALL FATS



CHEESE



100% NUT BUTTERS



WATER



WHOLE MILK



SMOOTHIES



(PROBABLY)
WON'T CAUSE
CAVITIES



FRESH FRUIT



DARK CHOCOLATE



WHOLE WHEAT BREAD



YOGURT



DIPS & SAUCES



POPCORN



ICE CREAM



OATMEAL



EASILY
CAUSES
CAVITIES



COOKIES



JUICE



CANDY



DRIED FRUIT



CRACKERS



FRUIT SNACKS



SODA



FLOUR CEREALS



CHOCOLATE MILK



PRETZELS



SPORTS DRINK



IMPORTANT
PREVENTION TIPS:

1. Brush 2x a day.



2. Floss teeth that touch daily.



3. Drink water between meals & after snacks.