

LOLO'S SNACK GUIDE FOR HEALTHY TEETH

WON'T CAUSE CAVITIES

- Raw, crunchy/leafy vegetables
- Cheese
- Nuts
- Meats
- All fats
- Water
- Eggs



MOST LIKELY NOT TO CAUSE CAVITIES



- Whole milk
- Fresh Fruit (crunchy is best)
- Whole grain bread
- Popcorn
- Smoothies
- Dark Chocolate
- Plain Yogurt
- Ice cream
 - Don't get carried away, but rinses away easier
- Plain Oatmeal

EASILY CAUSES CAVITIES

- Candies
- Soda
- Juice, Sports drinks
- Chocolate milk
- Cookies
- Dried fruit
- Fruit snacks
- Dried flour cereals
- Pretzels
- Crackers
- Oranges and bananas (just not too much!)



IMPORTANT TIPS



- Always try to sip on water with meals or snacks
- Help your child brush daily with fluoride daily
- Aim to have only water after night time brushing
- Floss teeth for additional protection
- Fluoride applications every 6 months at your dentist can help reduce cavities by 20-30%
- Disorganized snacks and meals can cause more cavities. Plan your meals and snacks and have water in between.