



Snacking... What's in Your Cupboard?

Sometimes we snack because we are hungry; sometimes we snack just for the good taste! Decay-causing bacteria attack teeth if sugary or starchy foods stay in the mouth for a long time. Choose healthy snacks for your body and mouth.

Are these foods in your cupboard?

Sugary foods can stick to your teeth causing decay over time. Eat less:

- ◆ Jelly beans
- ◆ Fruit roll-ups
- ◆ Caramel/taffy
- ◆ Hard candy
- ◆ Raisins/dried fruits



Even sugary drinks can cause cavities. Drink less:

- ◆ Capri Sun
- ◆ Hi-C
- ◆ Kool Aid
- ◆ Sunny Delight
- ◆ Soda



Some snacks like breads and starches also stick to your teeth. They are changed to sugars in the mouth and can cause decay. Snack less on:

- ◆ Pretzels/chips
- ◆ Animal crackers
- ◆ Bagels
- ◆ Tortillas
- ◆ Crackers
- ◆ Graham crackers



Clean out your cupboards!

Fill them with healthier snacks. Try these:



- ◆ Fresh, juicy fruits like grapes
- ◆ Crunchy vegetables like carrots
- ◆ Plain popcorn
- ◆ Nuts
- ◆ Seeds (sunflower, pumpkin)
- ◆ Low-fat cheese and yogurt
- ◆ Water
- ◆ Herb Tea
- ◆ 1% Milk
- ◆ Unsweetened fruit juice
- ◆ Vegetable juices



If you do eat sticky snacks, eat them less often and afterwards:

- ◆ Brush
- ◆ Rinse your mouth with water
- ◆ Eat juicy, crunchy fruits or vegetables
- ◆ Chew sugarless gum

Healthy Snack Ideas...Good for Your Body & Good for Your Teeth

Fruit Parfait



Use any fresh or canned fruit of your choice and layer it in a cup with low-fat yogurt.... it's colorful and tasty!



Apple Sandwich

Slice a medium apple into about 8 round slices, and layer with low-fat cheese. Add your favorite lunch meat if you want a more filling snack.



Trees in Snow

Spread some cottage cheese in a thick layer across a plate. Put small pieces of broccoli (cooked or raw) in the cottage cheese so they stand up, looking like trees! Broccoli is a great way to get your calcium and Vitamin C.

Celery Sticks

Wash and dry celery sticks, trimming off ends. Spread peanut butter or low-fat cream cheese in the center. Top with nuts if you like an extra crunch!



Tasty Trail Mix

Combine popcorn (not flavored); chocolate, peanut butter or butterscotch chips; peanuts and sunflower seeds. A sweet treat that's ok for your teeth.

