

SNACKS

for Happy Smiles and Healthy Bodies

Protein Foods*

reduced-fat cheeses: Cheddar, Monterey Jack, mozzarella, string, Swiss
low-fat cottage cheese
unflavored 1% fat or non-fat milk
unsweetened low-fat yogurt
skinless poultry, lean red meats, seafood
tofu
water-packed canned tuna
“old-fashioned” or “natural” peanut butter
unsweetened nuts and seeds
eggs

VegetablesΔ

carrots
celery
Bell and chile peppers
cucumbers
radishes
cabbage, cauliflower, broccoli
collards, bok choy, spinach, other greens
tomatoes
jicama
summer squash
vegetable juices

Breads/Cereals#

whole-grain breads and cereals
whole-grain, low-fat crackers
tortillas
English muffins
rice cakes
pita bread
low-fat popcorn
bagels
low or no-sugar dry cereals

Fruits⊕

apples
pears
apricots, peaches
plums, nectarines
melons
oranges, grapefruit
berries, grapes
unsweetened canned fruit
unsweetened fruit juice

***Protein-rich foods** help reduce risks for cavities, especially if eaten with foods that contain sugar or starch. Cheese appears to help tooth enamel “heal” from decay-causing acid.

Cereals and bread products contain sugars and starches that easily lead to cavities; limit to 1 serving in a snack. Or, serve these items with foods that reduce tooth-destroying acid on teeth, such as cheese, milk or raw vegetables.

⊕ Fruits such as dried fruits and fruit juices are high in sugar and can stick to teeth. Choose juicy fruits and limit items such as bananas, raisins, and juices to 1 serving in a snack.

Δ Raw vegetables help increase saliva to “wash” food particles and harmful acid from teeth.

☞ How about... apples slices with peanut butter; egg salad sandwich; raw vegetables with bean dip; tortilla with melted cheese; fruit kabobs with yogurt-cinnamon dip; pita bread with tuna; popcorn sprinkled with Parmesan cheese; rice cake with cottage cheese spread...?



Some choices, such as raw vegetables, popcorn or grapes, increase the chances of choking for a child who cannot chew well. Children should always sit to eat under adult supervision.

