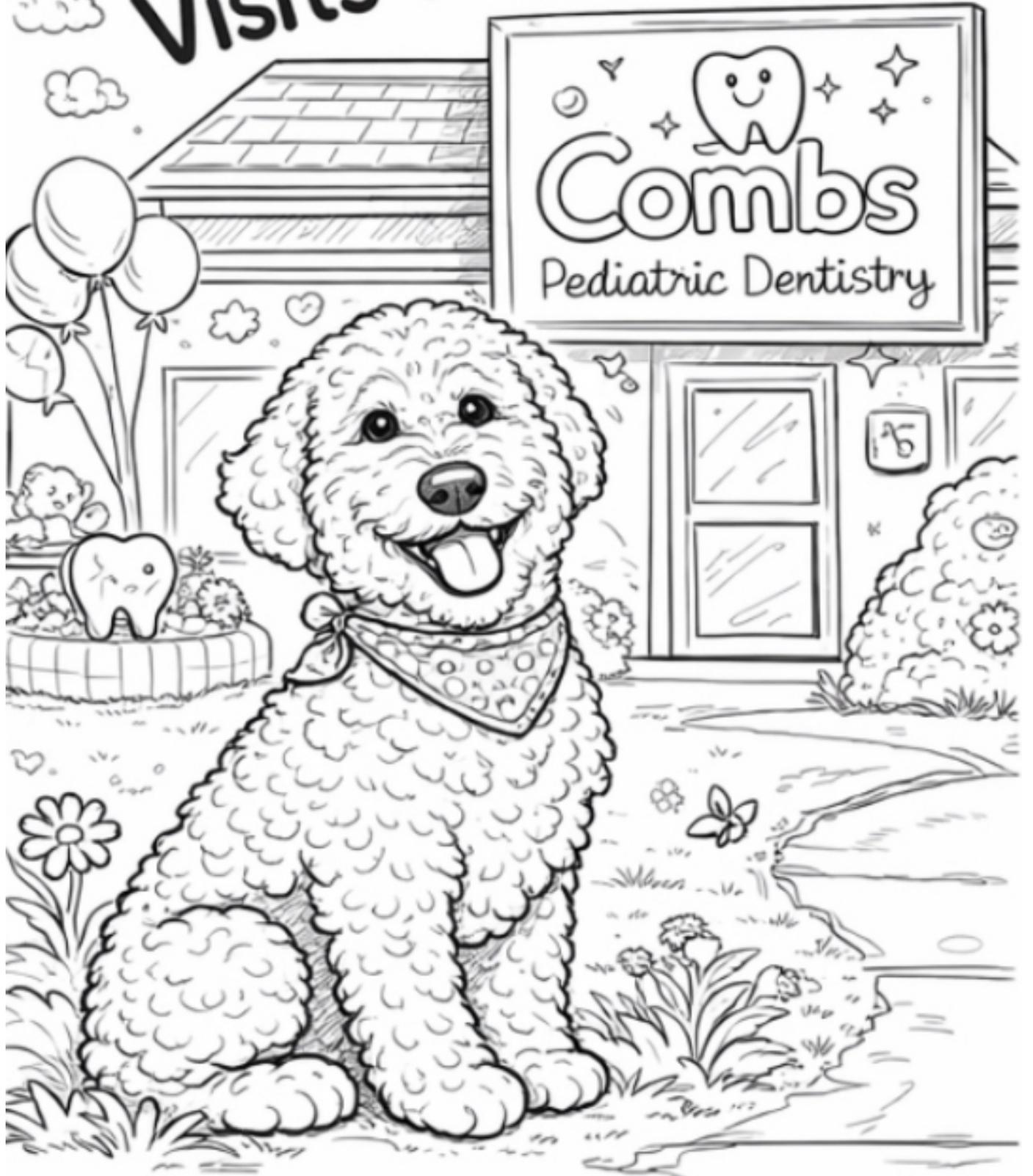


Axel

Visits the Dentist!





















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Combs

Pediatric Dentistry

Healthy Beverage & Snack Guidelines!

AAPD-Approved Beverages

- Fluoridated water is best!
- Only 100% fruit juice in small portions!
- Take water to sports practice, not sports drinks!

Snack Smarter!

- Pair carbs with protein or dairy!



- Choose fresh fruit instead of dried!



Healthy Lunchbox Ideas

- Turkey + cheese roll-ups, cucumber slices
- Whole fruit
- Unsweetened yogurt with berries

