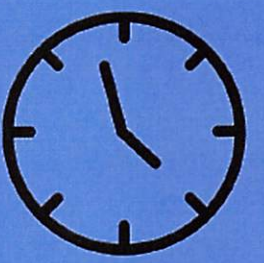
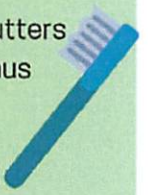
SMART SNACKING AND SIPPING

Sweet and sticky foods and drinks feed germs in your mouth. After eating, the germs make acid that attacks your teeth for at least 20 minutes.



Best Snacks
(Don't stick to your teeth)

- Vegetables
- Fresh Fruit
- Cheese
- Nuts
- Nut butters
- Hummus
- Eggs
- Meat
- Water



Snacks in Moderation

- Milk
- Bread
- Popcorn
- Smoothies
- Yogurt
- Oatmeal
- Dark Chocolate



Snacks to Avoid
(Stick to your teeth)

- Crackers
- Sports Drinks
- Soda
- Juice
- Candy
- Dried Fruit
- Fruit Snacks
- Pretzels



Additional Tips



Eat sweets at meal times to reduce "time on teeth".



Eat or drink your treat all at once instead of nibbling or sipping frequently throughout the day.



Drink water after you snack to rinse the food off your teeth.

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