

# Tooth Snack Guide

## Won't Cause Cavities\*



### (Low Carb foods)

Raw, Crunchy Vegetables  
Raw, Leafy Vegetables  
Cheese  
Nuts  
100% Nut butters  
All Meats  
All Fats  
Water  
Eggs

If you are thirsty, drink water!

Remember to give your child age appropriate food. Nuts, hot dogs, grapes, and sausages are common choking hazards, especially in children three years old and under.

\*There are always exceptions, especially dry mouth, acid reflux, genetic anomalies, hypoplasia, and unforeseen circumstances.

## (Usually) Won't Cause Cavities



Whole Milk  
Fresh Fruit

Crunchy is best

Whole grain bread  
Popcorn  
Smoothies  
Dark Chocolate (>70% Cacao)  
Yogurt  
Ice Cream  
Dips & Sauces  
Oatmeal

Don't get carried away, but it rinses away better than other desserts.

This list, including milk and fruit, has the potential to cause cavities quickly if you don't organize meal and snack times. The sugars won't stay in contact with teeth for long with organized eating habits.

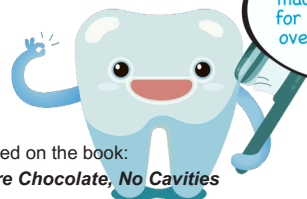
## Causes Cavities Easily



Candies  
Soda  
Juice  
Chocolate milk  
Cookies  
Dried fruit  
Fruit snacks/strips  
Dried flour cereals  
Pretzels  
Crackers  
Oranges & Bananas  
Sports Drinks

Please still eat them, just not all day long

Even some healthy foods can cause cavities quickly. Being processed and/or dried is not good for teeth. Fresh bread is better than dried flour for teeth.



This is a guide made specifically for teeth, and not overall nutrition.

Based on the book:

**More Chocolate, No Cavities**

Talk with your doctor or registered dietician before making any major dietary changes

## Important Prevention Tips

- Always try to have a sip of water after every meal or snack!
- Give your child 4 to 6 organized "mini-meals" a day with only water in between.
- Disorganized eating or drinking will cause cavities even with healthy foods!
- Help your child brush their teeth daily until they are six or seven years old.
- Only have water after the night time brushing.
- Floss teeth if they are touching for additional protection.
- Schedule an infant screening exam with your dentist at age one.
- Fluoride application at your dentist every six months can also help reduce cavities by 20 to 30%.
- Never leave a bottle in bed with baby!
- Get enough Vitamin D!

Provided by:



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THE TOOTH FAIRY EXPERIENCE