TOOTH SNACK GUIDE

SOUTHWEST KIDS DENTISTRY

From the Book *More Chocolate, No Cavities*
This is a guide for tooth health only

CAVITY RESISTANT*

Raw, Crunchy vegetables
Raw, leafy vegetables
Cheese
Nuts
100% Nut butters
All meats
All Fats
Water
Eggs

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

USUALLY CAVITY-RESISTANT

Whole Milk
Fresh Fruit
Whole grain bread
Popcorn
Dark Chocolate
(must be ≥70% Cacao)
Ice Cream
Dips & Sauces
Oatmeal

This list, including milk and fruit, has the potential to cause cavities quickly if you do not organize meal and snack times. These sugars won't stay in contact with the teeth for long with organized eating habits (ice cream melts).

CAUSES CAVITIES

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

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.

TOP TIPS

- Sip water after eating.
- Aim for 4 to 6 organized "mini-meals" per day with only water in between.
- Only have water after night-time toothbrushing.
- Disorganized eating or drinking will cause cavities even with healthy foods!
- **Give age-appropriate food. Consider choking hazards for kids under age 3.**
- **Avoid allergens specific to your child/family.**
- Help children with brushing and flossing until at least 8 years old.
- Fluoride treatments at your dentist every 6 months can reduce cavities by 20-30%.
- Never leave a bottle in bed with baby!
- Get enough vitamin D.
- Always talk to your doctor or registered dietician before making any major diet changes.