



2Min2X

This **SUNNYSIDE** Brush Chart Belongs To: _____

Month: _____

	week 1	week 2	week 3	week 4
Monday	  	  	  	  
Tuesday	  	  	  	  
Wednesday	  	  	  	  
Thursday	  	  	  	  
Friday	  	  	  	  
Saturday	  	  	  	  
Sunday	  	  	  	  



Strike a Pose! Ask your parents to share pictures of your
brushtime fun with Dr. Sophie on Instagram using #sunnysidesmiles



THE SUNNYSIDE SMILE SMART SNACK GUIDE



snack away

Won't Cause Cavities

DRINKS

- Water (*Drinking water helps to maintain a neutral pH and also helps to wash away leftover food and bacteria*)

FOODS

- Veggies (*Crunchy are best. They help remove plaque. ex: carrots, celery, and cucumbers*)
- Meat
- Fish & Seafood
- Cheese
- Eggs
- Nuts
- Tofu
- Nut Butters (*Avoid added those with sugars*)
- Nori Sheets (*i.e. Seaweed Snacks*)

Smart Compromises

(Usually) Won't Cause Cavities

DRINKS

- Breast Milk
- Whole Milk
- Smoothies

GRAINS & STARCHES:

- Bread/Bagels/English Muffins
- Pasta
- Popcorn
- Oatmeal
- Granola/Cereal in Yogurt or Milk
- Potatoes
- Legumes/Beans

SWEET CHOICES:

- Crunchy Fruit (*Crunchy are best. ex: apples, pears, melons*)
- Applesauce
- Yogurt (*Low Sugar*)
- Dark Chocolate (*70% or more*)
- Plain Ice Cream
- Soft Granola Bars
- Xylitol Candy
- Sugar Free Gum

OTHER:

- Dips + Sauces + Hummus

avoid or limit

Easily Causes Cavities

DRINKS

- Juice (*even watered down*)
- Soda (*even diet*)
- Chocolate/Flavored Milk
- Sports Drinks
- Sweetened Tea
- Sparkling Water
- Coconut Water

GRAINS & STARCHES:

- Crackers (*even whole grain*)
- Chips
- Pretzels
- Dried Cereals
- Dried Granola
- Hard/Dried Granola Bars

SWEET CHOICES:

- Soft & Acidic Fruit (*ex: oranges, lemons, bananas*)
- Dried Fruit
- Honey
- Candy
- Cookies
- Gummies/Fruit Snacks

CAVITY PREVENTION TIPS:

1. **AVOID ALL DAY SNACKING** to reduce the length and frequency of 'acid attacks' (shifts in pH). Decay occurs when your mouth experiences too many acid attacks, and the tooth enamel melts away.
2. **DRINK WATER AFTER EACH SNACK** and throughout the day to neutralize the oral environment and wash away sugars and food.
3. **FOLLOW-UP STICKY FOODS WITH A CRUNCHY SNACK** like apples or carrots (or sugar free gum) to help clean the plaque away.
4. **ASK YOUR DENTIST FOR TOPICAL FLUORIDE TREATMENTS** to strengthen enamel and heal, reverse, or stabilize the early damage that occurs all day, every day.

These recommendations are based on the cavity causing properties of foods, not their nutritional value.

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