

THE SUNNYSIDE SMILE SMART SNACK GUIDE



snack away

Does not easily cause decay

Water
All Veggies
Meat
Fish & Seafood
Tofu
Cheese
Eggs
Nuts
Nut Butters (*no added sugars*)
Legumes/Beans
Nori Sheets (*i.e. Seaweed*)

Usually does not easily cause decay

Breast Milk
Whole Milk

Most Fruit (*crunchy is best*)

“**Fresh**” Carbohydrates:
Bread/Bagels/English Muffins
Tortillas (Corn or Flour)
Pasta
Popcorn
Oatmeal
Potatoes

Dips
Sauces
Hummus

Very high risk of causing decay

Soda + Sparkling Water
Juice (*even watered down*)
Chocolate/Flavored Milk
Sports Drinks
Coconut Water

Oranges + Bananas (*still eat these, but not multiple times a day*)
Lemons + Limes
Dried/Dehydrated Fruit

“**Dried**” Carbohydrates:
Crackers (*even whole grain*)
Chips
Pretzels
Cheese Puffs
Dried Cereals (*improved slightly by adding milk*)

SWEET CHOICES:

Smoothies
Baked Fruit + Applesauce
Yogurt (*Low Sugar*)
Dark Chocolate (*70% or more*)
Plain Ice Cream (*Vanilla, Chocolate etc.*)
Muffins
Xylitol Candy
Sugar Free Gum

SWEETS TO SKIP:

Candy Bars
Caramel/Taffy
Cookies
Gummies/Fruit Snacks
Hard/Dried Granola Bars
Sweetened Cereals

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 pH of your mouth and to help wash away 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. INSTEAD OF GUMMIES**, if you give your children vitamins or supplements, choose liquid or tablet forms.
- 5. ASK YOUR DENTIST FOR TOPICAL FLUORIDE TREATMENTS** to strengthen enamel and reverse or stabilize the early damage that occurs every day.