



TOOTH SNACK GUIDE



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Won't Cause Cavities

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



Raw, Crunch
Vegetables
.....
Raw, Leafy
Vegetables



Cheese
.....
Eggs



Nuts
.....
100%
Nut Butter



All Meats
.....
All Fats



Water

(Usually) Won't Cause Cavities

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.



Fresh Milk
& Fruit
crunchy is best



Whole Grain
Bread
.....
Popcorn



Smoothies
.....
Yogurt



(<70% Cacao)

Dark
Chocolate
& Ice Cream
Don't get
carried away!



Dips & Sauces
.....
Oatmeal

Causes Cavities Easily

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.



Soda, Juice,
Sports Drinks &
Chocolate Milk



Dried Fruit
.....
Dried Flour Cereal
.....
Fruit Snacks/Strips



Candies
& Cookies



Pretzels
& Crackers



Oranges &
Bananas
Please still eat
them, just not all
day long!



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Give your child 4 to 6 organized "mini-meals" a day with only water in between.

Always try to have a sip of water after every meal or snack!

Disorganized eating or drinking will cause cavities even with healthy foods!

Help your child brush their teeth daily until they are 8 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 20-30%.

Never leave a bottle in bed with baby!

Get enough Vitamin D!

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