

# TOOTH SNACK GUIDE

From the book *More Chocolate, No Cavities*



This is a guide  
made just for teeth  
- not for overall  
nutrition.

## Won't Cause Cavities



*(low & no carb foods)*

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

Remember to give your child age-appropriate food. Nuts, hot dogs, grapes, and sausages are common choking hazards, especially in children three years and younger. Avoid food allergens specific for your child/family.

## (Usually) Won't Cause Cavities



Whole Milk  
Fresh Fruit  
Whole grain bread  
Popcorn  
Dark Chocolate  
(must be  $\geq 70\%$  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  
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.

### 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 seven or eight years old.
- Only have water after night-time toothbrushing.
- Floss teeth if they touch together for additional cavity protection.
- Schedule an infant screening exam with your dentist by age one.
- Fluoride application 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 dietary changes.