



HEALTHY SNACK IDEAS

- Milk or Chocolate milk
- Yogurt
- Apples
- Carrots & Celery sticks
- Other fruits & vegetables
- Cheese
- Nuts & Seeds
- Air popped popcorn
- Whole grain breads & cereals
- Peanut butter

UNHEALTHY SNACKS

- Gum with sugar
- Suckers
- Hard Candy
- Soft sticky sweets that get stuck in the mouth like
 - Toffee
 - Raisins
 - Rolled – Up fruit snacks
- Pop

FOR TODDLERS:

It is not a good idea to put your child to bed with milk or juice – sugars in both will stay in the mouth and cause cavities. If sipping juice between meals, teeth are being coated with sugar over and over again. Water is best between meals.

INFORMATIVE WEBSITES

www.nms.on.ca
www.saveharry.com
www.alegent.iqhealth.com
www.smart-mouth.org

www.mercola.com
www.kidshealth.org
www.drgreene.com
www.go2dental.com