

Snacks & Drinks for Healthy Teeth



✓ Fresh fruit and vegetables

✓ Yoghurt

✓ Plain crackers

✓ Hard boiled egg

✓ Plain popcorn

✓ Small savoury muffins

✓ Low fat cheese

✓ Pita bread with hummus dip

✓ Whole-grain sandwiches e.g. fish, lean meat, egg, peanut butter, cheese, marmite

✓ Drink water and milk



For Babies:

✓ Encourage breastfeeding

✓ Avoid sweet things on a dummy or in a bottle

✓ Remove their bottle as soon as they finish drinking

✓ Encourage the use of a cup rather than a bottle by age one

**It's Easy to Protect
Your Family's Smile**

Tooth Decay is Preventable



Sweet snacks and drinks can damage teeth



To reduce risk of tooth decay have these only occasionally at main meal times

0800 TALKTEETH (0800 825 583)

www.letstalkteeth.co.nz