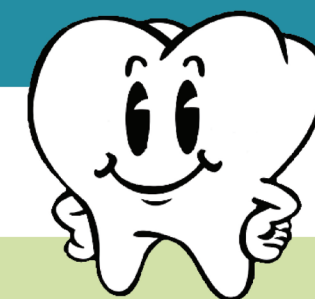


Healthy Snacks for Healthy Teeth

Eat a variety of these tooth-friendly snacks EVERYDAY



Vegetables

fresh, frozen or canned



Fruit

fresh, frozen or canned in natural juice



Veggie
fritters

Mousetraps

Weetbix
with spread

Savoury
scone / muffin

Sushi

Hummus

Yoghurt

Plain Milk

Water



Plain crackers
with cheese

e.g. wholegrain or water



Corn thins
with toppings



Plain
popcorn



Sandwich

e.g. peanut butter, banana,
vegemite/marmite, cheese, egg,
baked beans or salad



Plain nuts

Whole nuts are *not* recommended
for children under 5 years due to
risk of choking.



Eggs

Full-fat cow's milk 12-24
months of age, low-
fat cow's milk from 24
months



Reduced-fat
Cheese

e.g. cottage cheese, Edam,
reduced-fat cheddar

Be kind to your teeth and have these foods only occasionally.



Sweet
spreads



Sweets / lollies
chocolate



Sweet biscuits,
cakes



Muesli bars



Fruit strings
& leathers



Dried fruit



Sausage rolls,
pies



Potato chips



Ice-blocks,
Ice-cream



Juice
(fruit or cordial)



Sports or
fizzy drinks



Flavoured milk
or Milo