



TOOTH FRIENDLY SNACK SWAP

Common Snacks to Watch Out For:



- Fruit Snacks = sticky + sugary
- Granola Bars = cling to the teeth
- Chips or Crackers = turn into sugar
- Sports Drinks & Lemonade = acid & sugar
- Popsicles or Ice Cream = sugar overload

Instead of:



- Fruit Chews
- Granola Bars
- Popsicles with Toppings
- Lemonade or Sports Drinks
- All-day Snacking

Try This!



- Watermelon Slices
- Cheese Cubes or Eggs
- Frozen Banana Bites
- Citrus-Infused Water
- Scheduled Snack Breaks

Pro-Tips from KidSmiles



- Brush twice a day with fluoride toothpaste
- Rinse with water after snacks
- Chew sugar-free gum when brushing isn't an option
- Floss daily
- Book regular cleanings every 6 months