

Tooth Snack Guide

Won't Cause Cavities*

(Low Carb foods)

- Raw, Crunchy Vegetables
- Raw, Leafy Vegetables
- Cheese
- Nuts
- 100% Nut butters
- All Meats
- All Fats
- Water

If you are thirsty, drink water!

Remember to give your child age appropriate food. Nuts, hot dogs, grapes, and sausages are common choking hazards, especially in children three years old and under.

*There are always exceptions, especially dry mouth, acid reflux, genetic anomalies, hypoplasia, and unforeseen circumstances.

(Usually) Won't Cause Cavities

- Whole Milk
- Fresh Fruit
- Whole grain bread
- Popcorn
- Smoothies
- Dark Chocolate (>70% Cacao)
- Yogurt
- Ice Cream
- Dips & Sauces
- Oatmeal

Don't get carried away, but it rinses away better than other desserts.

This list, including milk and fruit, has the potential to cause cavities quickly if you don't organize meal and snack times. The sugars won't stay in contact with teeth for long with organized eating habits.

Causes Cavities Easily

- Candies
- Soda
- Juice
- Chocolate milk
- Cookies
- Dried fruit
- Fruit snacks/strips
- Dried flour cereals
- Pretzels
- Crackers
- Oranges & Bananas
- Sports Drinks

please still eat them, just not all day long

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.



This is a guide made specifically for teeth, and not overall nutrition.

Talk with your doctor or registered dietitian before making any major dietary changes

Important Prevention Tips

- Always try to have a sip of water after every meal or snack!
- Give your child 5 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 six or seven years old.
- Only have water after the night time brushing.
- Floss teeth if they are touching for additional protection.
- Schedule an infant screening exam with your dentist at age one.
- Fluoride application at your dentist every six months can also help reduce cavities by 20 to 30%.
- Never leave a bottle in bed with baby!



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Teeth Friendly Snack Food Ideas

from TheDentistDad.com

The absolute, number one at home snack is: **Leftovers!**

Ideally snacks are simply mini-meals. Throw some chicken, veggies, and fruit on a plate with or without sauces. Have eggs and bacon as a snack. Leftovers are better for teeth than something from a box!

Fruits and Vegetables:

Apples, whole
Apple slices, precut*
Avocado
Blueberries**
Bell pepper slices
Carrots*
Celery
Cherry tomatoes
Coconut
Cherry tomatoes
Cucumbers*
Edamame
Frozen Vegetables (microwave)

Dairy and Eggs:

Cheese circles*
Cheese Quesadilla**
Cheese slices*
Cheese sticks*
Eggs, hard boiled*
Eggs, scrambled
Yogurt
Yogurt with granola
Yogurt with fresh fruit (parfait)
Yogurt, Greek

Meats:

Beef Jerky*
Ham
Lox
Pepperoni*
Roast Beef
Rotisserie Chicken
Salami*
Turkey
Deli meat

Grains:

Oatmeal
Whole grain bread
Whole grain toast*
Bagels*
Soft pretzels*
Popcorn
Thawed pancakes (no syrup)*
Pita bread
Muffins**
Clif-Z bars***
Aussie bites***
Granola Bars*

Combinations Ideas:

Meat and cheese*
Cucumbers and cream cheese
Celery and peanut butter
Celery and cream cheese
Toast and peanut butter cut into triangles
Pita bread and hummus
Bagels and cream cheese*
Veggies and hummus
Veggies and guacamole
Veggies and ranch
Fruit and cheese*
Olives stuffed with ham cubes
Grilled cheese sandwiches
Cheese Quesadilla*

Nuts:

Almonds,
Almonds, slivered
Cashews
Pecans
Pistachios
Walnuts

Spreads and dips:

Apple sauce
Cream cheese
Peanut butter†
Hummus
Guacamole
Salsa
Butter
Ranch
Ketchup
Mustard
BBQ sauce
Sunflower seed butter

†: No sugar added peanut butter is best, but if you get the popular brand with sugar added it is probably fine.

Almond Apricot Yogurt is a good one.

Reminder: Choose age appropriate snacks. Nuts, grapes, hot dogs, and sausages are common choking hazards, especially in children ages 3 and under. Cut hot dogs in half. Cut grapes length wise or quarter. Wait until a child is old enough to eat enough, usually when they at least can spell it.

Teeth Friendly Snack Food Ideas

from TheDentistDad.com

I didn't realize that crackers were one of the biggest cavity causers, because they are such a sticky starch, until three years after I graduated dental school. Figuring that out changed everything for me as far as preventing cavities. No wonder so many kids don't eat much sugar and still get surprised by cavities.

The first time I explain this to parents, I often get asked, **What can I feed my kids other than crackers?**

Here is the answer!

The following page is a list of ideas compiled from over 50 moms. It is what real parents are already doing. While compiling the list, I only included snack items that I personally would give to my own kids (from a dentist dad perspective). I am not making the prevention principle to keep snack times organized into 5 or 6 mini-meals a day with only water in between meals. If you don't yet understand why having organized that concept is more important than the actual foods themselves.

Keep in mind, from a nutrition and dental perspective, whole foods are better as a rule, although they require weekly grocery store visits. While in the grocery store, try to stay near the outside of the store. Most of the processed foods are in the aisles stored in boxes. If it is from a box, it is most likely not great for teeth.

For "on the go" options, it limits your selection. Most snacks should hopefully be eaten at home while sitting down and can be considered a mini-meal. While in the grocery store, try to stay near the outside of the store. Most of the processed foods are in the aisles stored in boxes. If it is from a box, it is most likely not great for teeth.

However, being on-the-go is a reality, I have marked the on-the-go snacks with an asterisk. I like softer bread style "bars" as opposed to dried fruit bars for the sake of teeth, because bread isn't sticky as dried dates. It is better to have fresh bread instead of crackers when it comes to teeth because of the stickiness factor!

As I mentioned before, processed foods aren't as ideal, but I still give them to my kids. I like softer bread style "bars" as opposed to dried fruit bars for the sake of teeth, because bread isn't sticky as dried dates. It is better to have fresh bread instead of crackers when it comes to teeth because of the stickiness factor!

I hope this list gives you some new ideas. If you have any other great things to add (or take off), email me at Roger@thedentistdad.com.

Keep smiling,

Dr. Roger Lucas, DDS



Dentists: Feel free to hand this out to patients.

Check out my website at TheDentistDad.com

to avoid surprise cavities and find information about my book, More Chocolate, No Cavities, if you want to all of the tricks to keep your child cavity free.