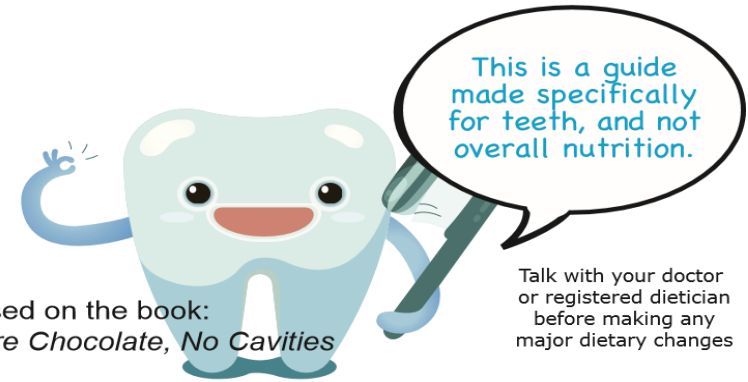


# Tooth Snack Guide



Based on the book:  
*More Chocolate, No Cavities*

Talk with your doctor or registered dietician 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 4 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!
- Get enough Vitamin D!

Provided by:

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### 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!*
- Eggs

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.

### (Usually) Won't Cause Cavities

- Whole Milk *← Crunchy is best*
- Fresh Fruit
- Whole grain bread
- Popcorn
- Smoothies
- Dark Chocolate (>70% Cacao)
- Yogurt *← Don't get carried away, but it rinses away better than other desserts.*
- Ice Cream
- Dips & Sauces
- Oatmeal

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 *← Please still eat them, just not all day long*
- Crackers
- Oranges & Bananas
- Sports Drinks

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.