



TOOTH SNACK GUIDE

From the book *More Chocolate, No Cavities*



This is a guide made just for teeth - not for overall nutrition.

Won't Cause Cavities



(low & no carb foods)

Raw, Crunchy Vegetables
Raw, leafy vegetables
Cheese
Nuts
100% Nut butters
All meats
All Fats
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 and younger. Avoid food allergens specific for your child/family.

(Usually) Won't Cause Cavities



Whole Milk
Fresh Fruit
Whole grain bread
Popcorn
Dark Chocolate
(must be $\geq 70\%$ Cacao)
Ice Cream
Dips & Sauces
Oatmeal

This list, including milk and fruit, has the potential to cause cavities quickly if you do not organize meal and snack times. These sugars won't stay in contact with the teeth for long with organized eating habits (ice cream melts).

Causes Cavities



Candies
Soda
Juice
Chocolate Milk
Cookies
Dried Fruit
Fruit snacks/strips
Dried flour cereals
Pretzels
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.

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 seven or eight years old.
- Only have water after night-time toothbrushing.
- Floss teeth if they touch together for additional cavity protection.
- Schedule an infant screening exam with your dentist by age one.
- Fluoride application at your dentist every 6 months can reduce cavities by 20-30%.
- Never leave a bottle in bed with baby!
- Get enough vitamin D.
- Always talk to your doctor or registered dietician before making any major dietary changes.

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