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## STEP TEST TO FIND DENTAL DANGERS IN YOUR DIET

- 1 HIGH IN SUGAR.** Promotes tooth decay.  
**Top culprits:** candy, cakes, cookies, jams, cereals, canned fruits, barbecue sauce, ice cream, reduced-fat dairy
- 2 HIGH IN STARCH.** Breaks down into sugar; easily sticks to and gets between teeth.  
**Top culprits:** bread, potato chips, crackers (especially saltine), cereal, white rice, pasta, pretzels
- 3 ACIDIC.** Wears down the enamel, leaving teeth vulnerable to decay.  
**Top culprits:** citrus fruits, sugary drinks, fruit juice, tomato soup
- 4 STICKY.** Gets into cracks and crevices in and between teeth to promote decay.  
**Top culprits:** taffy, caramel, gum drops, gummies, granola bars
- 5 HARD TO BITE.** May loosen weak teeth or cause chipping.  
**Top culprits:** hard candies, lollipops, bones, unpopped kernels, ice



### SMILEWAY® WELLNESS PROGRAM

Visit [mysmileway.com](http://mysmileway.com) – a one-stop shop for oral health-related tools and tips, including interactive quizzes, a risk assessment tool and the oral health e-magazine *Grin!* Kids can enjoy stories, games and more at [mysmilekids.com](http://mysmilekids.com).

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