



SNACK SMARTER

INSTEAD OF

GRANOLA BARS

High in sugar
Stick to teeth

CRACKERS

Starch turns to sugar
Stick to teeth

HARD CANDY

High in sugar
Longer contact with teeth
Can cause chipping

POTATO CHIPS

Starch turns to sugar
Get stuck in teeth
Abrasive

FLAVORED FAT-FREE YOGURT

High in sugar

SPORTS DRINKS

High in sugar
Acidic

LEMONADE AND ORANGE JUICE

Acidic

TRY THIS

PEANUTS, WALNUTS, CASHEWS

Chewing stimulates saliva to wash away bacteria

SLICES OF AGED CHEDDAR

Calcium strengthens bone
Whey protein protects enamel

DARK CHOCOLATE

Relatively low in sugar
Quick to melt and swallow

SLICED APPLES

Easy to chew
Washes away quickly

PLAIN WHOLE YOGURT

Packed with calcium for bone strength
No added sugar

SUGAR-FREE COCONUT WATER

Electrolytes without added sugar

FLUORIDATED TAP WATER

Fluoride strengthens enamel

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