

Snack Smarter



Instead of

Granola bars
Sticky and sugar



Hard candy
Sugary, can cause chipping



Crackers
Starchy (turns to sugar) and sticky

Potato chips
Starchy (turns to sugar), sticky and abrasive

Sports drinks
Sugary and acidic



Lemonade and orange juice
Acidic, high in sugar

Flavored fat-free yogurt
High in added sugars



Try this

Peanuts, walnuts, cashews
Saliva-stimulating to wash away bacteria



Slices of aged cheddar
Calcium-rich for strong bones, contain whey protein to protect enamel

Dark chocolate
Less sugar, quick to melt and swallow, full of antioxidants



Sliced apples
Easily chewed, wash away quickly, stimulate gums



Sugar-free coconut water
Has electrolytes, with no added sugar

Fluoridated tap water
Enamel-strengthening



Plain whole yogurt
Calcium-rich with no added sugars