

SNACK SMARTER GUIDE

Healthy Choices for Your Teeth are Healthy Choices for Your Body

Smart Snacking Tips

- Drink water during and after snacks.
- Chew xylitol gum after every meal or snack.
- All food and drinks (except water) will increase mouth acidity during consumption.
- Acidic, sugary, carb-rich, and processed foods have highest tooth decay risk.
- Frequent snacking on "healthy" foods can still increase tooth decay risk.
- Limit or eliminate sweetened foods and drinks with added sugar or sweeteners.
- Three top snacking factors: Frequency, Duration, and Food Type.
- Frequency and Duration will have more immediate and short-term effects.
- Food Type will have more systemic and long-term effects.

REMEMBER

HOW you eat
is just as
important as
WHAT you
eat!

Limit Sticky
& Starchy
Foods

LOW CAVITY RISK

Cheese (slices, sticks)
Pistachios
Walnuts
Almonds
Sesame Seeds
Cucumber
Water
Tea (Green, Herbal)
Kefir
Almond Milk
Meats: Turkey, Beef, Chicken
Avocado
Carrots
Celery
Plain Greek Yogurt
Broccoli
Kale
Watermelon
Pears

MODERATE CAVITY RISK

Whole Milk
Ice Cream
Sunflower Butter
Dark Chocolate
Blueberries
Pineapples
Apples
Strawberries
Raspberries
Grapes
Cranberries
Coffee
Whole Grain Bread
Dips & Sauces
Popcorn
Alcohol (Beer)
Kombucha
Cottage Cheese

HIGH CAVITY RISK

Soda
Juice
Cookies
Candy
Crackers
Dried Fruit
Dried Flour Cereal
Sports Drinks
Oranges
Bananas
Jam & Jellies
Pretzels
Granola Bars
Energy Drinks
Trail Mix
Potato Chips
Peanut Butter
Pickled Vegetables
Lemonade