

Snack Chart

SUGGESTED SNACKS

SNACKS TO LIMIT

cheese
cold cuts
unsweetened cereals
melon slices
carrot and celery sticks
cheese and crackers
nuts; like peanuts, cashews and walnuts
sunflower and pumpkin seeds
soups
popcorn
fresh fruit
fresh vegetables
plain yogurt with fruit
sugarless gum
white milk
pizza
whole grain breads
grinders
sugar free Jell-O
plain rice cakes
pickles
hummus
peanut butter
whole grain crackers

cake
strawberry/chocolate milk
cookies and sweet crackers
including animal and graham crackers
sugar coated cereals like Trix, Fruity Pebbles,
Fruit Loops, Frosted Flakes, Cap'n Crunch, etc.
granola bars
pop-tarts
donuts
Fruit Roll-ups and Fruit by the Foot
jams, jellies, and honey hard and sticky candies like
Lifesavers, Jolly Ranchers, Starburst, Pez, Gummy
Bears, and jelly beans
marshmallows
raisins
dried sticky fruits
non-sugar free frozen yogurt
on-sugar free ice cream including McFlurrys
non-sugar free Jell-o
popsicles
soda
Hi-C/Kool-Aid/Caprisuns
sports drinks like Powerade and Gatorade
Fruit Juice
Fruit gummies
Gummy vitamins

Snack as infrequently as possible. Drink **water**. Brush carefully and rinse well.
Read labels and avoid products with added sugar. Starchy snacks (like Doritos, chips, goldfish, and pretzels) do tend to get stuck in the teeth and stay within the mouth for a while. They can react with oral germs to cause cavities in the teeth. **Xylitol** gum and mints are great between meals.



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