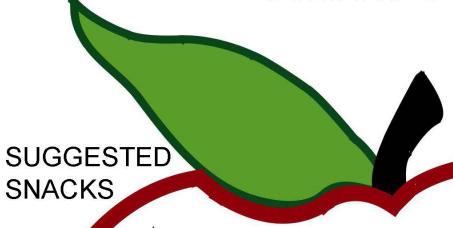
Snack Chart



SNACKS TO

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

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**

cake

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.

