

Tooth Healthy Foods



Did You Know?

- Tooth healthy foods include fresh fruit, vegetables and protein rich foods like nuts, cheese, and meats.
- Tooth unhealthy foods include crackers, chips, dried fruit, fruit leathers, fruit snacks, and cookies.

Teeth need breaks between meals and snacks to prevent cavities.

Schedule regular meals and snack times for your child.

Take the Healthy Mouth Challenge!

I will:

- Serve my family tooth healthy foods for snacks and meals.
- Hang up the Tooth Healthy and Tooth Unhealthy Foods list to remind me what to eat.



Tooth Healthy Foods



- Fruits and vegetables
- Cheese, milk, and plain yogurt
- Oatmeal, whole grain breads and pastas
- Beans
- Meats

Tooth Unhealthy Foods



- Sugary cereal
- Dried fruit and fruit snacks
- Crackers, pretzels, chips, and cookies
- Juice, soda pop, sports drinks, and flavored milks

★ Choose and prepare foods that are **age appropriate** for your child.