

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:

- Make a healthy snack with my child (for example, cheese and apple slices).
- 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 serve.

