

SNACK TEETH-SMART!

BEST SNACKS

- Vegetables
- Fresh fruit
- Cheese
- Nuts
- Nut Butters
- Hummus
- Eggs
- Meat
- Water

SNACKS OK IN MODERATION

- Milk
- Whole grain bread
- Popcorn
- Smoothies
- Yogurt
- Ice Cream
- Oatmeal
- Dark Chocolate

SNACKS TO AVOID

- Candy
- Dried Fruit
- Fruit Snacks
- Pretzels + crackers
- Chocolate milk
- Sports drink
- Soda
- Juice

