



Tooth SNACK GUIDE



WON'T CAUSE CAVITIES

(Low Carb foods)

Raw, Crunchy
Vegetables

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Vegetables

Cheese

Nuts

100% Nut Butters

All Meats

All Fats

Water*

Eggs



"IF YOU ARE THIRSTY,
DRINK WATER!"

(USUALLY) WON'T CAUSE CAVITIES

Whole Milk

Fresh Fruit
(Crunchy is best)

Whole Grain Bread

Smoothies

Dark Chocolate
(>70% Cacao)

Dips & Sauces

Yogurt

Oatmeal

Ice Cream*



"DON'T GET
CARRIED AWAY,
BUT IT RINSES
AWAY BETTER THAN
OTHER DESSERTS."

CAUSES CAVITIES EASILY

Candies

Soda

Juice

Chocolate Milk

Cookies

Dried Fruit

Fruit Snacks/
Strips

Dried Flour
Cereals

Pretzels

Crackers

Sports Drinks

Oranges &
Bananas



"WATCH YOUR TEETH AFTER
YOU EAT THESE TREATS"