

CAVITY FREE AT THREE

Contact through the University of Colorado, Colorado AHEC Program
Phone: 303-724-4750 Fax: 303-724-0891



Happy Snacks vs. Sad Snacks

All kids snack. Consider the following choices when selecting snack foods. Remember, the frequency of snacking is important, as is the choice of sticky foods that can linger on tooth surfaces. Oral bacteria produce acids that persist for 20-40 minutes after sugar ingestion. Try a drink of water after your snack to fight decay producing acid!

Happy foods help teeth stay healthy. Frequent consumption of sad foods can lead to caries.

Happy Snacks

- ▶ Fruit
- ▶ Veggies
- ▶ Cheese
- ▶ Crackers
- ▶ Pretzels
- ▶ Popcorn
- ▶ Nuts
- ▶ Peanut Butter
- ▶ Cheese crackers
- ▶ Sugar free gum
- ▶ Milk
- ▶ Water
- ▶ 100% pure fruit juice (only 4 oz. per day)

Sad Snacks

- ▶ Fruit roll-ups
- ▶ Fruit by the Foot
- ▶ Fruit wrinkles
- ▶ Gummy bears
- ▶ Cookies
- ▶ Cupcakes
- ▶ Sugared cereals
- ▶ Pop Tarts
- ▶ Granola bars
- ▶ Donuts
- ▶ Sugary drinks like soda, Gatorade, sweetened iced tea