

Tooth-friendly snacks

Tooth-friendly snacks – enjoy any time

- ✓ Vegetables e.g. carrot sticks, celery, peppers, cucumber
- ✓ Whole fresh fruit (but not too many citrus fruits)
- ✓ Beans, peas and lentils
- ✓ Wholemeal bread
- ✓ Low sugar / fat wholegrain cereals
- ✓ Water
- ✓ Plain milk

Mostly tooth-friendly snacks – enjoy in moderation

- ✓ Low fat cheese
- ✓ Nuts and seeds
- ✓ Flavoured low fat, low sugar milk and yoghurts
- ✓ Breadsticks and oatcakes

Not tooth-friendly – stick to mealtimes only

- ✗ Chocolates and sweets
- ✗ Crisps
- ✗ Cakes, biscuits, baked goods and pastries
- ✗ Dried fruit
- ✗ Sugary yoghurts and flavoured milk drinks
- ✗ Fruit juices and smoothies
- ✗ Fizzy drinks, high sugar squash, sports drinks