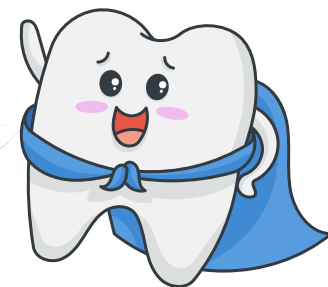


Tooth Snack Guide

This is a guide specifically for teeth and not for overall nutrition.



Talk with your doctor or registered dietician before making any major dietary changes

Based on the Book:
[More Chocolate, No Cavities](#)

Won't Cause Cavities*



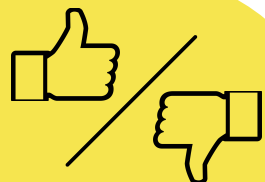
- Raw, crunchy vegetables
- Raw, leafy vegetables
- Cheese
- Nuts
- 100% Nut Butters
- All Meats
- All Fats
- Eggs
- Water

Choose Age-Appropriate Foods

Offer foods that are safe for your child's age. Foods like nuts, grapes, and sausage can be choking hazards—especially for children under three.

Always cut food into small, manageable pieces and supervise meals closely.

(Usually) Won't Cause Cavities



- Whole Milk
- Fresh Fruit
- Whole Grain Bread
- Popcorn
- Smoothies
- Dark Chocolate
- Yogurt
- Ice Cream
- Dips & Sauces
- Oatmeal

Organize Meals and Snacks

Even healthy options like milk and fruit can contribute to cavities if eaten too frequently. Plan meals and snacks at set times so sugars don't stay on the teeth all day. Structured eating habits help protect your child's smile.

Causes Cavities Easily



- Candy
- Soda
- Juice
- Sports Drinks
- Chocolate Milk
- Cookies
- Dried Fruit
- Sticky Snacks
- Dried (flour) Cereal
- Pretzels
- Crackers

Not All "Healthy" Foods Are Tooth-Friendly

Some processed or dried foods can cause cavities quickly. Fresh, whole foods—like soft bread instead of dried flour products—are a better choice for dental health. Always check textures and ingredients when choosing snacks.

Important Prevention Tips

See the dentist by age 1: Start early to build comfort and catch concerns early.

Sip water after meals/snacks: This helps rinse away sugars and acids.

Offer 6 scheduled mini-meals a day: Stick to water between to protect teeth.

Brush together until at least age 7: Kids need help to clean thoroughly.

Only water after bedtime brushing: Prevents sugars from sitting on teeth at night.

Floss daily if teeth touch: Flossing protects where brushes can't reach.

Choose fluoride every 6 months: It can reduce cavities by up to 30%.

No bottles in bed: Milk or juice at night can lead to early decay.

Get enough vitamin D: It helps strengthen teeth and support healthy development.

