

GIVE YOUR TEETH A CHANCE

Snack Smart

HEALTHY SNACKS

Water
Fresh Fruits
Nuts
String Cheese
Fresh Vegetables
Regular Milk
Plain Popcorn
Cold Cut Meats
Cottage Cheese



HEALTHY ZONE

CAVITY CAUSING SNACKS

Juice
Soda
Candies
Cookies
Fruit Snacks
Gatorade
Crackers
Dried Fruit Snacks



CAVITY ZONE

