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

CAVITY CAUSING SNACKS
Juice
Soda
Candies
Cookies
Fruit Snacks
Gatorade
Crackers
Dried Fruit Snacks

HEALTHY ZONE
CAVITY ZONE

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