

Tooth Healthy Foods List



Apples
Bananas
Broccoli
Carrots
Cereals, low-sugar
Cheese
Cherries
Cottage cheese
Cucumber
Eggs
Fish
Grapes
Green beans
Lettuce
Meats
Melons
Nuts
Oranges
Peaches
Peas
Popcorn
Strawberries
Sweet potatoes
Tofu
Tomatoes
Whole grain breads
Whole grain crackers,
rice and pastas
Yogurt



Beverages:

Water
Milk

Tooth Unhealthy Foods List



Bread (White)
Breakfast cereal, sugary
Cake
Candy
Chips
Cookies
Crackers
Fruit snacks
Graham crackers
Granola bars
Gum—with sugar
Ice cream



Beverages:

Juice
Soda pop
Sports drinks
Sweet tea
Sweetened milk
Sweetened coffee

★ Choose and prepare foods that are **age appropriate** for your child.