

# Tooth Healthy Foods



## Did You Know?

- Tooth healthy foods include fresh fruit, vegetables and protein rich foods like nuts, cheese, and meats.
- Tooth unhealthy foods include crackers, chips, dried fruit, fruit leathers, fruit snacks, and cookies.

**Teeth need breaks between meals and snacks to prevent cavities.**

Schedule regular meals and snack times for your child.

## Take the Healthy Mouth Challenge!

I will:

- Serve my family tooth healthy foods for snacks and meals.
- Hang up the Tooth Healthy and Tooth Unhealthy Foods list to remind me what to eat.



### Tooth Healthy Foods



- Fruits and vegetables
- Cheese, milk, and plain yogurt
- Oatmeal, whole grain breads and pastas
- Beans
- Meats

### Tooth Unhealthy Foods



- Sugary cereal
- Dried fruit and fruit snacks
- Crackers, pretzels, chips, and cookies
- Juice, soda pop, sports drinks, and flavored milks

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