



Snack Smarter

Instead of

Granola bars

High in sugar
Stick to teeth

Crackers

Starch turns to sugar
Stick to teeth

Hard candy

High in sugar
Longer contact with teeth
Can cause chipping

Potato chips

Starch turns to sugar
Get stuck in teeth
Abrasive

Flavored fat-free yogurt

High in sugar

Sports drinks

High in sugar
Acidic

Lemonade and orange juice

Acidic

Try this

- > **Peanuts, walnuts, cashews**
Chewing stimulates saliva to wash away bacteria
- > **Slices of aged cheddar**
Calcium strengthens bone
Whey protein protects enamel
- > **Dark chocolate**
Relatively low in sugar
Quick to melt and swallow
- > **Sliced apples**
Easy to chew
Washes away quickly
- > **Plain whole yogurt**
Packed with calcium for bone strength
No added sugar
- > **Sugar-free coconut water**
Electrolytes without added sugar
- > **Fluoridated tap water**
Fluoride strengthens enamel

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