

THE DEN PLAN  
**PREVENTERS**



# Snack choices

Which snacks and drinks are healthy for your teeth in between meals?

Look at the pictures of foods and drinks below and decide whether they are tooth-friendly or not tooth-friendly snack choices.



## Tooth-friendly snacks to enjoy all the time

Draw a smiley face and colour the tooth in green if you think this is a tooth-friendly choice to enjoy whenever you like!



## Not tooth-friendly! Occasional treats or mealtimes only

Draw an unhappy face and colour the tooth in red if you think this is a snack that you should only have as an occasional treat or during a main meal.



Vegetables



Fresh fruit



Water



Milk



Cheese



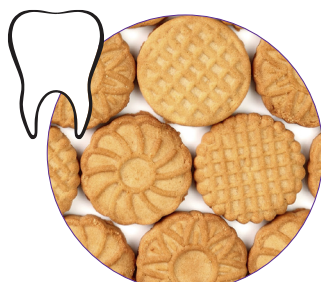
Breadsticks and rice cakes



Sweets and chocolate



Dried fruit



Biscuits



Fruit juice



Fizzy drinks

# The answers!

## The goodies



### Vegetables

Vegetables make great snacks to enjoy all the time between meals! Try nibble-sized crunchy sticks of carrot, celery and cucumber – great for little fingers. Kids love dipping these in houmous, too.



### Fresh Fruit

Fresh fruit is a great addition to your 'five a day'. Make fruit fun by cutting it into easy bite-sized portions – grapes, apple slices, satsuma segments and banana slices are popular.



### Water

Water is the most tooth-friendly drink you can have, so drink lots of it! Good hydration keeps you healthy. It also boosts your concentration, helping you to be the top of your class at school!



### Milk

Milk has lots of calcium and is important for healthy bones and teeth. Milk is a great drink during the day, but it's best to avoid it during bedtime as it does contain some natural sugars which can increase the risk of tooth decay



### Cheese

Mice love cheese and so do kids! Cheese is full of calcium and also helps neutralises acid in the mouth (which helps reduce tooth decay) so it's good to eat cheese at the end of a meal, too. As cheese contains fat, watch you're not eating too much!



### Breadsticks and ricecakes

Swap crisps and biscuits for tooth-friendly breadsticks, rice cakes and oatcakes. Little savoury sandwiches filled with cheese spread or marmite and cut into appealing shapes such as stars, hearts, or circles are fun too.

## The badies



### Sweets and chocolate

Because they cause tooth decay when eaten frequently, sweets and chocolate are best kept as occasional treats only. Always eat sweets as part of a meal and never as a snack. Why not decorate a special sweetie box or tin and take one piece of candy from it once a week, such as after Sunday lunch? It's a treat to look forward to!



### Dried fruit

Dried fruit such as raisins, apricots and cranberries are popular with children - probably because the sweet and sticky texture resembles sweets! The problem is that this sweet and sticky texture has the same decaying effects on teeth as normal sweets and chocolate. This is because the drying process makes the fructose (the natural sugar found in fruit) very concentrated, and the sticky texture makes it cling to teeth. Dried fruit is best eaten as part of a main meal



### Biscuits

Biscuits and cakes contain lots of sugar which can cause tooth decay, so it's best to enjoy these as part of a main meal. For snacks in between meals, swap biscuits and cakes for healthy foods such as vegetables, fruit, or breadsticks



### Fruit juice

Although they have the word 'fruit' in them, juices and smoothies are naturally very high in sugar and acids, which can cause tooth decay and soften tooth enamel (the hard white part of your tooth). Always dilute fruit juices and smoothies for children and only give it during a main meal, and use a straw. Water and milk are the best things to drink in between meals



### Fizzy drinks

Because they cause tooth decay when drunk frequently, fizzy drinks are best kept as occasional treats only. Even low sugar versions contain acids that can affect your tooth enamel, making it softer and thinner. Fizzy drinks should only be drunk during a main meal - water and milk are the best things to drink in between meals