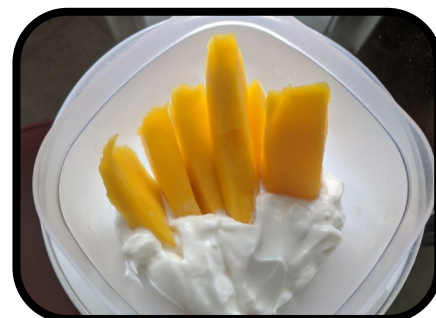


Healthy Snacks for Healthy Teeth

Your oral health affects how you eat and how you eat affects your oral health.
Looking after your health means looking after your teeth as well!

When serving or packing your child a snack, include **Choose Most Often** and **Choose Sometimes** foods. They have more nutrition and less sugar, which helps to keep teeth healthy, strong and cavity-free.



Choose Most Often ✓✓	Choose Sometimes ✓	Choose Least Often ✗
<ul style="list-style-type: none">• Fresh veggies/fruit	<ul style="list-style-type: none">• Fruit cup in water	<ul style="list-style-type: none">• Fruit gummies
<ul style="list-style-type: none">• Air-popped popcorn	<ul style="list-style-type: none">• Uncoated granola bar	<ul style="list-style-type: none">• Candy/chocolate
<ul style="list-style-type: none">• Whole grain crackers	<ul style="list-style-type: none">• Enriched crackers	<ul style="list-style-type: none">• Cookies
<ul style="list-style-type: none">• Plain yogurt	<ul style="list-style-type: none">• Flavoured yogurt	<ul style="list-style-type: none">• Ice cream

To keep teeth clean and reduce risk for cavities:

- Brush two times a day using fluoridated toothpaste and floss at least once a day. A child can begin to brush or floss on their own around the age of 8 or 9.
- If **Choose Least Often** foods are offered, serve them *with* a meal.
- Offer water for thirst and between meals instead of sugary drinks.

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Healthy People, Healthy Saskatchewan

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.