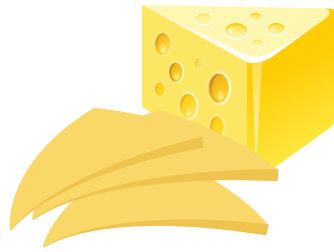
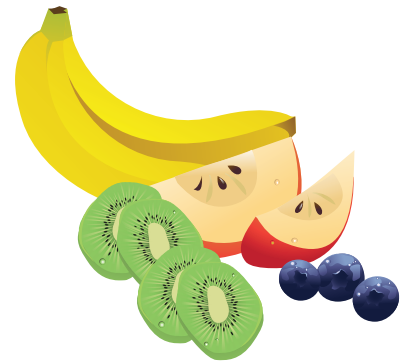




Vegetables



Cheese



Fruit

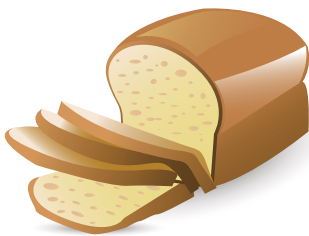


White milk

Snack foods and drinks to choose *more* often



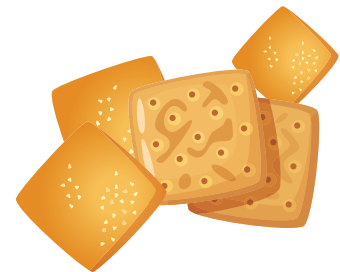
Water



Whole grain breads



Plain yogurt



Whole grain crackers

These snack foods and drinks are **healthy** and **tooth-friendly**.

Natural sugars are present in fruit, vegetables, milk and yogurt.

Rinse your mouth with water after all meals and snacks to remove food debris and reduce acid.

Water is the best drink to have between meals.



1-800-361-5653

TTY: 1-866-512-6228

York Region Health Connection

Community and Health Services

Public Health

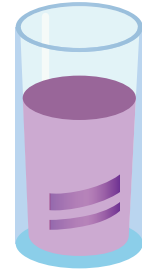
york.ca



Fruit drink
(200 mL)
(5 teaspoons sugar)



Fruit snacks
(38 g or 8 gummies)
(5 teaspoons sugar)



Fruit juice
(200 mL)
(5 teaspoons sugar)



Chocolate milk
(125 mL)
(3 1/2 teaspoons sugar)



Snack foods and drinks to **choose less** often



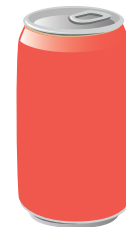
Cereal/granola bars with chocolate chips (34 g or 1 bar)
(4 teaspoons sugar)



Sugar coated cereals
(30 g)
(4 teaspoons sugar)



Animal crackers
(10 crackers)
(2 teaspoons sugar)



Pop
(355 mL or 1 can)
(10 teaspoons sugar)



These snack foods and drinks are less tooth-friendly, high in sugar and low in nutrients. Frequent use of these foods may lead to dental cavities. Rinse your mouth with water after all meals and snacks to remove food debris and reduce acid.

The amount of added sugars these foods contain is indicated in teaspoons.

1 teaspoon of sugar = 4 grams of sugar

