

Healthy Snacks for a Healthy Smile



Crackers with
VEGGIES
and **hummus**

FRUIT with
cheese
or **milk**

WHOLE-GRAIN
bread or
english muffin
with cheese

Hard boiled
EGG and
CARROTS



WHOLE-GRAIN
crackers with
peanut
butter
and **water**

Yogurt
with **DICED**
FRUIT

Unsweetened
cereal
topped with
fresh fruit



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Snack for a healthy smile

Growing children need small, nutritious meals and snacks each day. Some food and drinks cause tooth decay. Bacteria in the mouth, called plaque, feed on sugar from food and drinks to make acid that harms teeth. To protect children's teeth:



Offer a variety of foods from Canada's Food Guide at meals and snacks.



Offer three meals and two to three snacks per day.



Avoid sugary snacks that dissolve slowly in the mouth or stick to the teeth.



Drink or rinse with plain water after snacking and between meals.



Brush your teeth two times each day for two minutes each time. A toothpaste with fluoride is recommended for children ages 3 and up.

Snack for a healthy smile

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