

*Dr Al's Good Snacks and Bad Snacks
For Healthy Teeth and Body*

DRINKS

*WATER---Don't add sugar or any other sweet substance
FORMULAS, MILK, JUICE—DO NOT put these drinks in a bottle for a baby older
than 12 months old!! (100% fruit juice only, NO FRUIT DRINKS, Choose orange,
apple, grapefruit, vegetable and tomato juices.) NEVER allow a child to take
sugary liquids to bed at night or at naptime in a bottle or sip cup!!!*

TAKE ALONG SNACKS

*Peanut butter and crackers/bread
Cheese and Crackers/bread
Fresh fruit, apples, bananas, grapes*, oranges, cantaloupe, honeydew
Cereal (Low sugar types)
Cheerios, Kix, Crispy Critters, Corn/Rice/Wheat/Multi-grain Chex
Raw Vegetables
Carrot sticks, celery sticks, broccoli, cauliflower**

OTHER SNACK SUGGESTIONS

<i>Pretzels</i>	<i>Melba toast</i>
<i>Plain Popcorn*</i>	<i>Bread Sticks</i>
<i>Peanuts, plain*</i>	<i>Rice Cakes</i>
<i>Sunflower/Pumpkin seeds*</i>	<i>Townhouse/Saltine Crackers</i>
<i>Dill pickles</i>	<i>Graham Crackers</i>
<i>Pizza</i>	<i>Ice Cream</i>
<i>Tacos</i>	<i>Muffins</i>
<i>Cottage Cheese</i>	<i>Oatmeal</i>
<i>Cheese Cubes</i>	<i>Canned Fruit (low sugar syrup)</i>
<i>Frozen Yogurt (McDonald's)</i>	

**These foods could be a choking hazard and are not recommended for children under the age of 2 years.*

BAD SNACKS
AVOID THESE FOODS AND DRINKS

NO Kool-Aid, too much sugar
NO Fruit drinks, this is really Kool-Aid, it is not fruit juice.

Don't buy fruit drinks in gallon jugs

Don't buy Hi-C drinks

Don't buy box drinks or pouch drinks with straws

Don't buy drinks in squeeze bottles

Watch for advertising/labeling that makes drinks sound healthy, such as Sunny Delight, Ocean Spray. These are actually sugar and water with artificial flavorings.

NO POP OR SOFT DRINKS

These have TOO much sugar and also contain acid that harms the enamel of the teeth.

NO SWEETS

No candy such as Now or Laters, these can pull out fillings and crowns, also stay away from any frown or sticky, gooey candy.

NO HARD CANDY, these stay in the mouth a long time releasing sugar the entire time (suckers, peppermints, butterscotch, lemon drops, lemon heads, jolly ranchers, etc..)

NO STICKY, GOOEY CANDY These stick to the teeth, releasing sugar over long periods of time. Anything with caramel or taffy like candies (Laffy Taffy, Rolos, Payday, Milky Way, Butterfinger, Banana Block, Gummy Bears, Fruit Roll Ups, Starburst)

NO CHEWING GUM/BUBBLE GUM with SUGAR

Sugar free gum is ok and recommended after meals when the child can't brush.

NO POPTARTS, DONUTS, COOKIES, MOONPIES, TWINKIES, CAKES.

These make a terrible breakfast food or snack!!

NO JUNK FOOD

Potato chips, Doritos, Cheetos, Fritos, Funyuns, french fries can cause cavities like candy. Substitute low sugar cereals for crunchy snacks such as Cheerios, Chex, Kix.