

# top tips for tooth friendly snacks

Your teeth can decay very quickly if you have food or drinks with added sugars frequently during the day. To keep your teeth safe, keep sugary food and drinks for mealtimes only.



Safe snacks for teeth include:

Fresh fruit, fresh vegetables, salad, crackers, plain rice cakes, cheese, breadsticks and toast.

Plain water or milk are the best drinks for your teeth.



Fruit that has been altered in any way (e.g. dried, juiced, or turned into a smoothie) is as bad for your teeth as sweets and cordials. The natural sugar in fruit (fructose) is harmless in a whole piece of fruit, but if the fruit is altered in any way, the sugar becomes harmful for teeth.



Up to 50% of snack foods such as cereal bars, Fruit Winders and Yo Yo Bears is sugar—they are as bad for teeth and tummies as sweets and cakes.



School provides free fruit every day for children up to the end of Year 2—keep up the healthy habit in key stage 2.



Water bottles are for water! Even no-added-sugar juice / squash is bad for teeth and if you are sipping juice throughout the day, your teeth can become decayed very quickly.