

Snack Guide

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ffdental.ca



NO Cavity Risk

- 🥬 raw vegetables
- 🧀 cheese
- 🥜 nuts, 100% nut butters
- 🥩 all meats
- 🧈 all fats
- 🥚 eggs
- 🥕 low carb foods
- 🚰 drink water if you're thirsty!



LOW Cavity Risk

- 🥛 whole milk
- 🍏 crunchy fresh fruits
- 🍞 whole grain bread
- 🥑 natural, fresh smoothies
- 🍫 dark chocolate (>70% cacao)
- 🌾🥣 oatmeal (no sugar added)
- 🍦 yogurt, ice cream
- ⚠️ These foods can still cause cavities, but rinse away easier.



HIGH Cavity Risk

- 🍬 candy
- 🥤 pop, sports drinks
- 🍷 juice (fresh or not!)
- 🍫🥛 chocolate milk
- 🍪 cookies, crackers, goldfish
- 🍇🌞 raisins, other dried fruit
- 🍌 fruit snacks, granola bars
- 🥣🍷 artificial cereals
- 🍌🍊 bananas, oranges (max. one a day)

PREVENTATIVE DENTAL HEALTH TIPS

- 🚰 Drink water with and after every meal.
- 🕒 Try for 4 regular meals with water in-between.
- 👟 Help children brush daily, until they can tie shoelaces.
- 🎂 Schedule a first dental visit at age 1.
- 🌙 After the night time brushing, only drink water.
- ☀️ Get enough Vitamin D.

Visit [ffdental.ca](https://www.ffdental.ca) to learn more!

Don't Forget!

Book your family's dental hygiene appointments every 4 to 6 months.

Scan here to book online:

