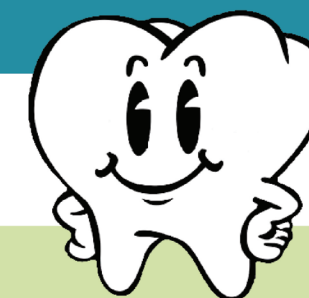


Healthy Snacks for Healthy Teeth

Eat a variety of these tooth-friendly snacks EVERYDAY



Vegetables



fresh, frozen or canned

Fruit



fresh, frozen or canned in natural juice



Veggie
fritters



Mousetraps



Weetbix
with spread



Savoury
scone / muffin



Sushi



Hummus



Yoghurt



Plain
Milk



Water



Plain crackers
with cheese

e.g. wholegrain or water



Corn thins
with toppings



Plain
popcorn



Sandwich

e.g. peanut butter, banana,
vegemite/marmite, cheese, egg,
baked beans or salad



Plain nuts

Whole nuts
are *not* recommended for children
under 5 years due to risk of
choking.



Eggs



Reduced-fat
Cheese

e.g. cottage cheese, Edam,
reduced-fat cheddar