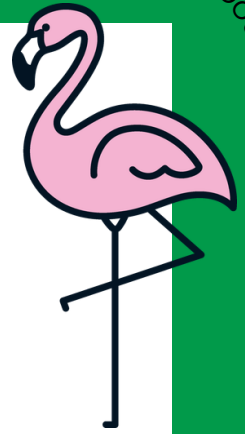


It's all about balance



## Tooth friendly

Crunchy, high protein & fiber

Cheese 

Nuts 

Eggs 

Raw crunchy & leafy Vegetables 

Hummus

100% nut butters 

All Meats 

All Fats

Water 

## Less likely to cause cavities

Low-sugar & less likely to stick

Whole milk 

Non acidic fruits 

Whole grain bread 

Popcorn 

Smoothies 

Dark Chocolate 

Yogurt

Ice Cream 

Oatmeal 

## Likely to cause cavities

Sticky and sweet

Sodas 

Juice 

Cookies 

Crackers 

Candies 

Pretzels 

Granola bars

Sport Drinks

Oranges

Bananas

Dried Flour

Cereals

Gummy 

Vitamins

Chocolate milk 

Processed flours

*Snack wisely, not all day*

*If it melts in your mouth it's probably high risk*

### The Juice on Juice

- No juice for infants under 1 year
- No added sugars under 2 years old
- Ages 1-3: Limit to 4 oz per day
- Ages 4-6: Limit to 4-6 oz per day
- Ages 7-18: Limit to 8 oz per day

@cereskidsdentist