



TEETH FRIENDLY SNACK IDEAS

Tip: Snacks are simply mini-meals. Throw some chicken, veggies, and fruits on a plate with or without sauces. Have eggs and avocado as a snack. Leftovers are better for teeth than something from a box!

FRUITS AND VEGETABLES:



Apples, whole	Grapes
Apple slices, precut	Melon
Avocado	Nectarines
Blueberries	Peaches
Bell pepper slices	Pears
Carrots	Peas
Celery	Olives
Cherry tomatoes	Pickles
Coconut	Purple cabbage
Cherry tomatoes	Raspberries
Cucumbers	Seaweed
Edamame	Strawberries
Frozen Vegetables (microwave)	

DAIRY AND EGGS :



Cheese circles
Cheese Quesadilla
Cheese slices
Cheese sticks
Eggs, Hard boiled
Eggs, Scrambled
Yogurt
Yogurt with granola
Yogurt with fresh fruit (parfait)
Yogurt, Greek

MEATS :



Beef jerky
Lox
Pepperoni
Roast Beef
Rotisserie Chicken
Salami
Turkey
Deli Meat

GRAINS :



Oatmeal
Whole grain bread
Whole grain toast
Bagels
Soft pretzels
Popcorn
Thawed pancakes (no syrup)
Pita bread
Muffins
Clif-Z bars
Aussie bites
Granola Bars

SPREADS AND DIPS :



Apple sauce
Cream cheese
Peanut butter
Hummus
Guacamole
Salsa
Butter
Ranch
Ketchup
Mustard
BBQ sauce
Sunflower seed butter

Make it habit
to have
A SIP OF WATER
after every meal
or snack!



Combinations Ideas:



Meat and cheese
Cucumbers and cream cheese
Celery and peanut butter
Celery and cream cheese
Toast and peanut butter cut into triangles
Pita bread and hummus
Bagels and cream cheese
Veggies and hummus
Veggies and guacamole
Veggies and ranch
Fruit and cheese
Olives stuffed with ham cubes
Grilled cheese sandwiches
Cheese Quesadilla

NUTS :



Almonds,
Almonds, slivered
Cashews
Pecans
Pistachios
Walnuts

- Reminder: Choose age appropriate snacks. Nuts, grapes, hot dogs, and sausages are common choking hazards, especially in children ages 3 and under. Cut hot dogs in half. Cut grapes length wise or quarter. Wait until a child is old enough to eat enough, usually when they at least can spell it.