

Tooth Snack Guide



Based on the book:
More Chocolate, No Cavities

Talk with your doctor or registered dietician before making any major dietary changes

Won't Cause Cavities*



(Low Carb foods)

- Raw, Crunchy Vegetables
- Raw, Leafy Vegetables
- Cheese
- Nuts
- 100% Nut butters
- All Meats
- All Fats
- Water
- Eggs

If you are thirsty, drink water!

Remember to give your child age appropriate food. Nuts, hot dogs, grapes, and sausages are common choking hazards, especially in children three years old and under.

*There are always exceptions, especially dry mouth, acid reflux, genetic anomalies, hypoplasia, and unforeseen circumstances.

(Usually) Won't Cause Cavities



- Whole Milk
- Fresh Fruit
- Whole grain bread
- Popcorn
- Smoothies
- Dark Chocolate (>70% Cacao)
- Yogurt
- Ice Cream
- Dips & Sauces
- Oatmeal

Crunchy is best

Don't get carried away, but it rinses away better than other desserts.

This list, including milk and fruit, has the potential to cause cavities quickly if you don't organize meal and snack times. The sugars won't stay in contact with teeth for long with organized eating habits.

Causes Cavities Easily



- Candies
- Soda
- Juice
- Chocolate milk
- Cookies
- Dried fruit
- Fruit snacks/strips
- Dried flour cereals
- Pretzels
- Crackers
- Oranges & Bananas
- Sports Drinks

Please still eat them, just not all day long

Even some healthy foods can cause cavities quickly. Being processed and/or dried is not good for teeth. Fresh bread is better than dried flour for teeth.

Important Prevention Tips

- Always try to have a sip of water after every meal or snack!
- Give your child 4 to 6 organized "mini-meals" a day with only water in between.
- Disorganized eating or drinking will cause cavities even with healthy foods!
- Help your child brush their teeth daily until they are six or seven years old.
- Only have water after the night time brushing.
- Floss teeth if they are touching for additional protection.
- Schedule an infant screening exam with your dentist at age one.
- Fluoride application at your dentist every six months can also help reduce cavities by 20 to 30%.
- Never leave a bottle in bed with baby!
- Get enough Vitamin D!



David Raphael DDS
Patricia Peirano Franklin DDS
Board Certified Pediatric Dentists

Tel (503) 893-2889 Fax (971) 279-4578
info@portlandpedo.com
www.portlandchildrensdentistry.com