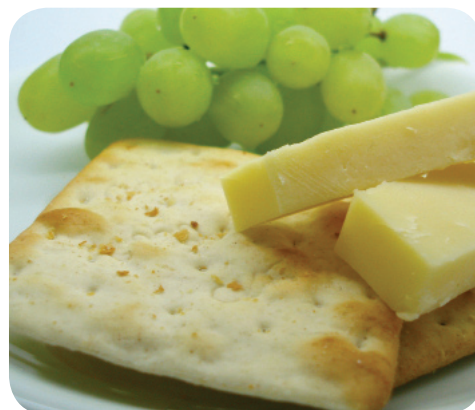


# SA Dental Service

## Snack ideas

Snacking on sugary food can start tooth decay - so keep your teeth healthy by eating foods with little or no sugar between meals. Try these healthy snack choices!



### Fruits and vegetables

- > celery (try with peanut butter)\*
  - > cherry tomatoes
  - > carrot sticks
  - > sweet corn
  - > cucumber
  - > zucchini
  - > strawberries
  - > bananas
  - > apples
  - > mandarins
  - > oranges
  - > grapes
  - > kiwi fruit
  - > pureed fruit
  - > fruit salad
  - > iced or frozen fruit on a stick
  - > canned fruit in natural juices
- \* some children are allergic to peanut and other nut butters.*

### Dairy foods

- > yoghurt – low fat plain or fruit
- > custard, reduced fat and sugar
- > cheese, reduced fat and salt
- > cottage cheese - plain or flavoured
- > dips such as hommus, guacamole or tzatziki

### Drinks

- > tap water
- > milk, reduced fat or skim

### Breads and cereals, preferably wholegrain/wholemeal

- > sandwiches
- > scones
- > english muffins
- > crumpets
- > pumpernickel bread
- > pocket or flat bread
- > pancakes
- > breakfast cereals such as Weet Bix or Vita Brits - plain or with milk
- > raisin bread
- > crispbreads
- > crackers
- > plain popcorn

*Be selective with sandwich toppings. Try reduced salt, sugar and fat varieties.*

### Meat and meat alternatives

- > hard or soft boiled eggs
- > sardines or tuna tinned in water
- > lean meats
- > baked beans (salt reduced)

Please note: Some of the ideas listed may not be suitable for children under four years. For ideas specifically for children from one year old see 'Snacks for Children aged one year and over'

## For more information

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