



FOODS/SNACKS/DRINKS TO AVOID:

- ✿ Energy Drinks- Red Bull, Rock Stars, Monsters, Go Girl etc.
- ✿ Sodas, Gatorade, Starbucks, Vitamin Water, Lemonade, Sweet Tea, Apple Juice, Orange Juice
These liquids bathe your teeth in sugar which can cause cavities (drink water after)
- ✿ High Sugar Foods- Cereals, Power Bars, Gum, Altoids, Life Savers etc.
- ✿ Sour Candies, Lemons (May burn oral tissue)
- ✿ Sticky Foods - Candies, Raisins, Dried Fruit, Fruit Rolls, Chewy Granola Bars (may stick in grooves of teeth difficult to remove with toothbrush)

FOODS/SNACKS THAT MAY BREAK TEETH:

- ✿ Ice Chewing
- ✿ Corn Nuts, Opening nuts with teeth
- ✿ Popcorn (Corn husk may cause gum infection) Old Maids (Un-popped popcorn kernels)
- ✿ French Bread, Croutons, Granola Bars (Hard)
- ✿ Now and Laters, Jolly Ranchers, Jawbreakers, Hard Candies, etc.
- ✿ Hard Cereals- Grape Nuts, Cluster Cereals, etc .

FOODS/SNACKS /DRINKS THAT ARE GOOD:

- ✿ Water, Vitamin Water Zero, Smoothies
- ✿ Cheese, Yogurt, Cottage Cheese, Jello
- ✿ Fresh Fruit, Vegetables & Dip
- ✿ Oatmeal, Macaroni and Cheese
- ✿ Sugar free Gum With Xylitol
- ✿ Crackers, Low Sugar Cereals, Rice Cakes (brush teeth afterwards)
- ✿ Chocolate (occasional treat)
- ✿ Frozen Natural All Fruit Popsicles