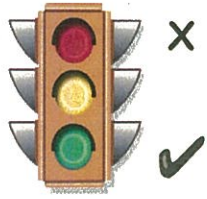


CHOOSING TOOTH-FRIENDLY SNACKS FOR CHILDREN



	Not Recommended As Snacks <i>special occasions and meal-times only</i>	Occasional Snack Options <i>no more than one or two snacks a week (best at mealtimes)</i>	Healthy Snack Options <i>Safe, regular snack choices</i>
Dairy Products	Ice-cream (plain or flavoured) Milkshakes Flavoured Milk	All Fruit- Flavoured yoghurt (most are high sugar) Low fat cheese Low fat cheese spread	Plain Natural Yoghurt (flavour with fresh fruit pieces)
Fruit and Vegetables	Fruit Winders Fruit Bars Frubes Raisins Any Dried Fruit Fruit Smoothies	Tinned Fruits (in juice, not syrup)	All Fresh Fruit (apples, bananas, grapes, satsumas) Sliced vegetables (carrots, cucumber, etc) Homemade soups
Baking (Cakes, Biscuits, Breads, etc)	Sweet Biscuits (inc Rich Tea, Digestives) Sweet Pastry Bakes Iced Cakes Rusks Breads (with sweet spreads)	Scones Pancakes Oatcakes Crumpets Breadsticks	Low Fat/ Salt Crackers Rice cakes Toast Savoury sandwiches Breads (no high fat/ sugar spreads)
Confectionery	Any chewy sweets Any Hard Sweets Lollipops Chocolate Bars Sugar free sweets	Crisps & Nuts (can be high in fat/ salt) and beware choke hazard)	
Drinks	Fresh Fruit Juice Fizzy Drinks Diluting Juice	Fruit Flavoured Squash (Sugar Free/ No added sugar) Unsweetened sparkling Flavoured Water Soya, rice drinks (low in fat/ sugar)	Plain Water Plain Milk
Cereals	Cereal Bars Snack Bars Breakfast Cereals high in Sugars Salted Popcorn Toffee Popcorn		Shredded Wheat Porridge Oats (no added sugar) Wholegrain, high fibre cereals (with less than 5g per 100g sugar) Plain popcorn