



NOVATO Pediatric Dentistry

Neidre Banakus, DDS

Snack Attack List

Good Snacks

Hard Cheese
Fresh Fruits
Vegetables
Yogurt
Popcorn
Pretzels
Dried Meat Sticks
Sugarless Chewing Gum
Nuts and Sunflower Seeds
Fruit Popsicles
Plain Milk
Rice Cakes
Cheerios

Cavity-Promoting Snacks

Raisins and Dried Fruit (Daily)
Fruit Roll-ups
Fruit Chewy Snacks
Juice
Sticky Candy
Chips of any kind
Soda
Graham Crackers / Cookies
Sports Drinks (Gatorade/Powerade)
Gummy Bears / Gummy Worms
Chewy Granola Bars
Pre-Sweetened Cereals
Fruits Canned in Syrup

Remember, when choosing snacks for your children:
If it is sticky, it will stick around for hours.

Snacks that stay close to Mother Nature's recipe are not filled with refined sugars and starches, and are a wonderful cavity-safe treat. Try to have regular meals and limit the number of snack times.