Tooth friendly snacks

- ✓ Fresh fruit



- ✓ Cheese
- ✓ Sliced ham, salmon, turkey



- ✓ Plain popcorn (not suitable for young children)
- ✓ Dry biscuits (crackers)



- ✓ Plain rice cakes
- ✓ Vegetable pikelets / scones / muffins
- ✓ Sushi rolls with rice or bread (raw fish not suitable for young children)



- ✓ Vegemite and butter
- ✓ Vegetable sticks with dips (tzatziki or hummus)



Helpful hints

- Meals prepared with fresh ingredients are recommended over processed and packaged foods.
- Avoid having lollies and sweet foods in the house. Buy a treat for your child on special occasions.
- Non food items can also be treats.
- Buy savoury items over sweet foods as long as they are not too high in salt.
- Swish plain tap water around in the mouth after having sweet and acidic foods or drinks.
- If making bags for parties, include non-sticky foods and novelty items.

Checking food labels

Look for food and drink products that contain less than 15g of sugar per 100g, or make sure that sugar isn't listed near the top of the ingredient list.

Sugar is also listed as glucose, fructose, sucrose, maltose, lactose, corn syrup and other types.

Source: National Health and Medical Research Council

Nutrition Information

Servings per package – 16
Serving size – 30g (2/3 cup)

	Per serve	Per 100g
Energy	**432kJ**	**1441kJ**
Protein	2.8g	9.3g
Fat		
Total	0.4g	1.2g
Saturated	0.1g	0.3g
Carbohydrate		
Total	18.9g	62.9g
Sugars	3.5g	11.8g
Fibre	6.4g	21.2g
Sodium	65mg	215mg



The number of times (frequency) that the teeth are exposed to sweet, sticky and acidic foods / drinks is important, as well as the amount consumed.

RESOURCES

www.nutritionaustralia.org

www.eatforhealth.gov.au
(Australian Dietary Guidelines)

www.nhmrc.gov.au

Acknowledgements to Dr Margarita Silva

HEALTHY SNACKS FOR HEALTHY TEETH

DEVELOPED BY

ANZSPD VICTORIAN BRANCH

ADA VICTORIA

Dietary Guidelines

Children need to consume a wide variety of nutritious foods for optimal growth and development. A healthy and balanced diet for both children and adults includes the following foods (with allergies or intolerances in mind), and plenty of water. Examples of standard serving sizes are below.

See the Australian Dietary Guidelines for recommended number of serves for each food group per day based on your child's age.

✓ VEGETABLES AND LEGUMES



- 1 cup of green leafy or raw salad vegetables
- 1 medium tomato
- ½ medium potato or sweet potato
- ½ cup of cooked vegetables
- ½ cup of cooked, dried or canned beans, peas or lentils

✓ FRUIT



- 1 medium banana, apple, orange or pear
- 1 cup of diced fruit
- 2 small plums, kiwi fruits, apricot

✓ GRAIN (CEREAL FOODS)
(OATS, BROWN RICE, PASTA, WHOLEGRAIN/WHOLEMEAL BREAD)



- 1 slice of bread or crumpet
- 3 crispbreads
- ½ cup of porridge or ⅔ cup wheat cereal flakes
- ½ cup cooked rice or pasta

✓ MILK, YOGHURT, CHEESE (OR ALTERNATIVES)

These foods should be mostly low fat (after 2 years old).



- 1 cup of milk
- 1 cup of soy or other cereal drink with at least 100mg of added calcium per 100ml
- ¾ cup of yoghurt
- 2 slices of cheese

✓ LEAN MEAT, POULTRY, FISH, EGGS, NUTS AND SEEDS



- 65g cooked lean red meat
- 80g cooked lean chicken
- 100g cooked fish fillet
- 2 large eggs
- 30g nuts, nut butter
- 120g tofu



A small amount of healthy fats (oils, spreads, nut butters/pastes and avocado) are encouraged. Saturated fats, salt and added sugars should be limited.

FOODS THAT ARE ACIDIC, STICKY, AND SWEET CAN DAMAGE TEETH IF EATEN REGULARLY.

These include:



- ✗ Soft drinks (including sugar free drinks)
- ✗ Cordial and flavoured syrups
- ✗ Sports drinks and flavoured water



- ✗ Energy drinks
- ✗ Flavoured milk



- ✗ Pre-packaged liquid breakfast
- ✗ Sweet biscuits and cakes
- ✗ Sweetened cereals and cereal bars



- ✗ Lollies (including jelly sweets)
- ✗ Chocolate
- ✗ Dried fruit/muesli bars



- ✗ Jam, honey and sweetened spreads
- ✗ Ice cream
- ✗ Fruit juice



- ✗ Sugar substitutes (including agave nectar, brown rice syrup etc.)

Having these drinks and food between meals and at school can cause cavities.

