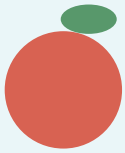
LITTLE SMILES CLUB

# Tooth-friendly snacks

Little choices for little smiles



## Crunch, munch, choose!

Try fresh fruit or vegetables, prepared in pieces that suit your child.



## Keep it simple

Plain breadsticks or oatcakes are handy options. A small piece of cheese can be an occasional choice.



## Sip water between meals

Water and age-appropriate plain milk are tooth-friendly drinks. After bedtime brushing, choose water.

## Give teeth a break

Keep sugary foods and drinks to mealtimes. Avoid grazing or sipping them throughout the day. Juice, smoothies and fizzy drinks can contain sugars or acids, including some sugar-free drinks.

**Grown-ups:** choose foods to suit your child's age, allergies and eating needs. Prepare textures safely and supervise young children while eating.

Based on SDCEP: Prevention and Management of Dental Caries in Children.
Dietary advice | Reviewed November 2026