

# Feeling peckish?

## Pick a healthy, tooth friendly snack!

### Avoid

- Chocolate
- Sweets
- Cereal bars
- Cakes
- Flavoured yogurt
- Fizzy pop
- Squash
- Flavoured water
- Dried, cooked or blended fruit



### Choose

- Whole fresh fruit
- Bread
- Crackers
- Rice cakes
- Vegetables
- Nuts and seeds
- Cheese
- Water
- Milk
- Natural yogurt

