



# Information about Snacks

Snacks are very important for children because they eat small amounts but at frequent intervals. That is why they must be given healthy, nourishing snacks that do not promote tooth decay.

It is very important for children to brush their teeth after eating snacks that are high in sugar because these can cause cavities. If they cannot brush their teeth:

- eat some cheese because it will help to protect teeth;
- rinse mouth with water; or
- chew sugarless gum.

## Snacks to limit:

- chocolate bars
- candy, licorice
- chocolate spreads
- fruit roll-ups
- soft drinks
- sugar-coated cereal
- sport and energy drinks
- potato and nacho chips
- french fries
- cakes and sweets
- granola bars
- fruit flavoured and crystal drinks
- ice cream and frozen desserts

These snacks have little nutritional value, they contain a lot of sugar, salt or fat, and some have a sticky, gummy texture that promotes tooth decay.

## Suggestions for healthy snacks:

- milk or fortified soy beverage
- raw vegetable sticks
- peanut butter and crackers
- bread and rolls
- whole grain cereal
- cheese
- unsweetened applesauce
- unsalted nuts and seeds
- fruit
- yogourt
- whole-grain muffins
- slice of cold pizza
- half a sandwich
- milk-based pudding
- egg