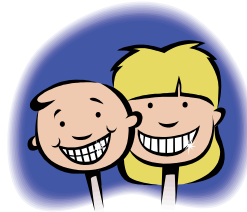


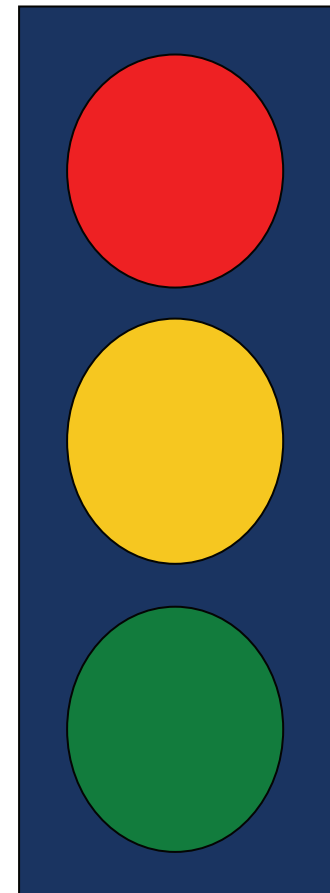
Choose a low sugar  
breakfast cereal  
in the morning or  
as a healthy snack  
at any time of the  
day.

Choose a piece  
of fruit for  
your lunch box  
every day.



Cut down on  
sugary foods  
and drinks  
between meals.

Try cheese and  
oatcakes or a  
glass of milk as a  
tooth friendly  
snack.

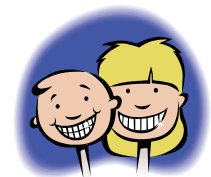


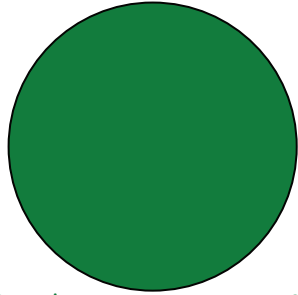
**Eat Right  
Smile Bright**

Reproduced with kind permission from Health  
Promotion Services, HSE Northern Area,  
Dublin - developed in partnership with dietetic  
services and oral health promotion,



Ymddiriedolaeth GIG Siroedd Conwy a Dinbych  
Conwy & Denbighshire NHS Trust





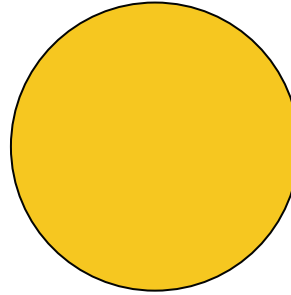
### Green Foods GO

These are foods that are safe for teeth. They are suitable for snacks for children.

- Milk or water
- Fresh fruit
- Fruit tinned in natural juice
- Vegetable sticks
- Plain yoghurt or fromage frais
- Low sugar breakfast cereals & milk (porridge, weetabix, shredded wheat)
- Savoury crackers or oatcakes
- Cheese cubes or triangles
- Wholemeal or plain scones
- Bread /toast fingers with mashed banana or grated cheese
- Plain or cheese homemade popcorn\*
- Nuts\*



\*Children under 5 are at risk of choking with these foods.



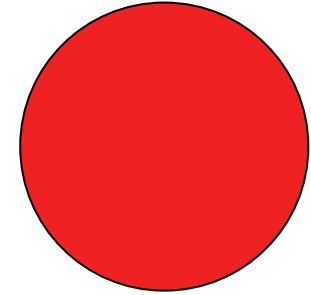
### Yellow Foods CAUTION

These are foods that can cause dental decay if eaten too often. They should be taken at meal times only.

- Pure unsweetened fruit juice or Unsweetened stewed fruit
- Diluted squashes (all kinds)
- Fruit tinned in syrup
- Sugar free jelly
- Ice cream
- Homemade milkshakes or smoothies
- Cheese dunkers
- Fruit scones
- Slice of fruitcake

### REMEMBER

Brush your teeth at least twice a day. Remember to keep your dental appointments.



### Red foods STOP

These are foods that will cause dental decay and weight gain if eaten too often.

- Fizzy or sugary soft drinks
- Chewy sweets
- Sugar coated cereals
- Crisps
- Chocolate
- Sweet cakes
- Toffee popcorn
- Biscuits
- Ready-made milkshakes

