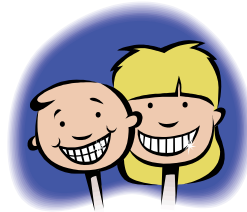


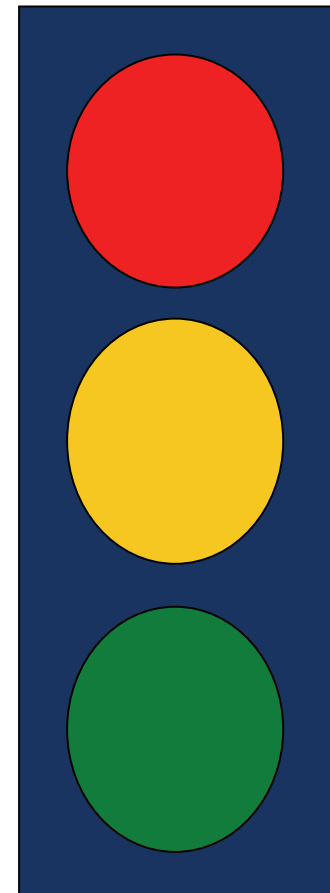
Choose a low sugar breakfast cereal in the morning or as a healthy snack at any time of the day.

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.

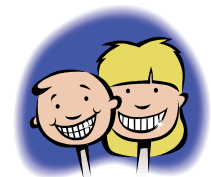


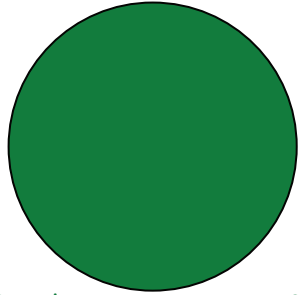
**Eat Right
Smile Bright**

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





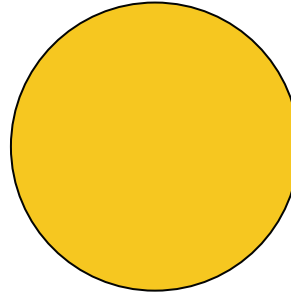
Green Foods **GO**

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.**



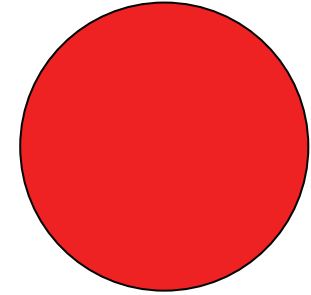
Yellow Foods **CAUTION**

These are foods than 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

