

Dr. Gila's Snack List

Good Snacks

Hard cheese
Fresh fruits
Vegetables
Yogurt
Popcorn & pretzels
Dried meat sticks
Sugarless chewing gum
Nuts & sunflower seeds
Fruit popsicles
Plain milk
Rice cakes
Cheerios

Cavity-Promoting Snacks

Raisins and dried fruits daily
Fruit roll-ups & fruit chewy snacks
Juice
Sticky candy
Chips of any kind
Soda
Graham crackers/cookies
Sport drinks (Gatorade, Powerade)
Gummy bears/worms
Chewy granola bars
Pre-sweetened cereals
Fruits canned in syrups

When picking snacks for your children, remember this general rule: If it is sticky, it will stay in their mouths for hours. Foods that dissolve easily will be less cavity-promoting. Avoid refined sugars and starches by staying as close to nature as possible. Also try to have regular meals and limit the number of snack times.