There are always exceptions, especially dry mouth, acid reflux, genetic anomalies, hypoplasia, and unforeseen circumstances.

Talk with your doctor or registered dietician before making any major dietary changes.

Based on the book: More Chocolate, No Cavities

**Tooth Snack Guide**

**Won’t Cause Cavities**
- Low Carb foods
  - Raw, Crunchy Vegetables
  - Raw, Leafy Vegetables
  - Cheese
  - Nuts
  - 100% Nut butters
  - All Meats
  - All Fats
  - Water
  - Eggs

**(Usually) Won’t Cause Cavities**
- Whole Milk
- Fresh Fruit
- Whole grain bread
- Popcorn
- Smoothies
- Dark Chocolate (>70% Cacao)
- Yogurt
- Ice Cream
- Dips & Sauces
- Oatmeal

**Causes Cavities Easily**
- Candies
- Soda
- Juice
- Chocolate milk
- Cookies
- Dried fruit
- Fruit snacks/strips
- Dried flour cereals
- Pretzels
- Crackers
- Oranges & Bananas
- Sports Drinks

**Important Prevention Tips**
- Always try to have a sip of water after every meal or snack!
- Give your child 4 to 6 organized “mini-meals” a day with only water in between.
- Disorganized eating or drinking will cause cavities even with healthy foods!
- Help your child brush their teeth daily until they are six or seven years old.
- Only have water after the night time brushing.
- Floss teeth if they are touching for additional protection.
- Schedule an infant screening exam with your dentist at age one.
- Fluoride application at your dentist every six months can also help reduce cavities by 20 to 30%.
- Never leave a bottle in bed with baby!
- Get enough Vitamin D!

*There are always exceptions, especially dry mouth, acid reflux, genetic anomalies, hypoplasia, and unforeseen circumstances.

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