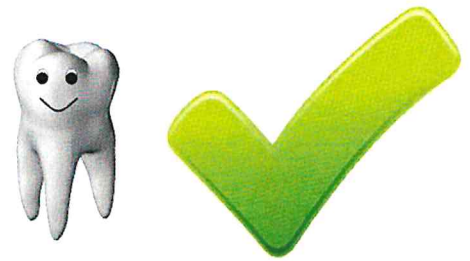


# Tooth friendly snacks



Milk



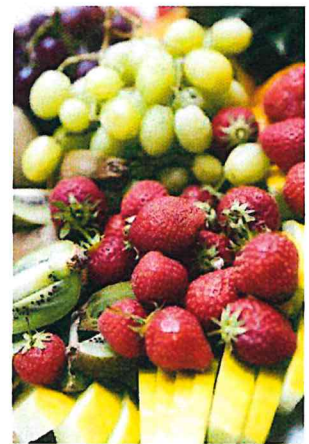
Water



Crackers



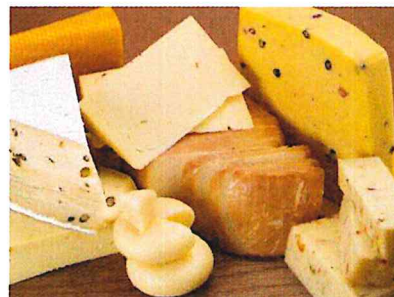
Bread



Fruit



Vegetable sticks with houmous or a sugar free dip



Cheese

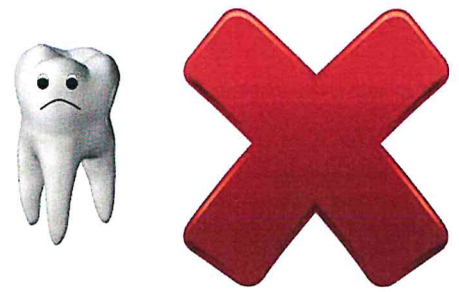


Plain popcorn



Handful of nuts

# Tooth unfriendly snacks



Fruit smoothie



Cola



Sweets



Biscuits



Raisins



Chocolate



Squash



Juice

**Keep these to mealtimes only!**