

Snacks for Dental Health

Grains*

Crackers - plain with cheese
Saltines
Ritz crackers
Oyster crackers
Wheat Thins
Butter crackers
Graham crackers
Melba Toast
Rye crackers
Toast squares
Cheese toast squares
Wheat bread triangles
Popcorn
Dry cereal
 Cheerios
 Corn Flakes, etc.
 (no sugar-coated cereals)
Potato chips
Pretzels
Corn chips
Cheese curls
Tacos
Cheese Tid-Bits
Potato Sticks
Bread sticks

**Read food labels. These foods can be high in salt.*

High Fiber Foods

Cabbage wedges
Celery sticks
Apple wedges
Raw cauliflower
Raw sweet potato
Raw squash
Cucumber slices
Pears
Coconut
Radishes
*Pickles
Turnips
Lettuce wedges
Green pepper
*Nuts-peanuts, almonds, etc.
Sunflower seeds
Raw green beans
Raw potato (white or sweet)
Raw broccoli

High Protein Foods

Cheese cubes
Hard cooked or deviled eggs
Pizza pieces
Sandwich squares
Cottage cheese
Meats:
 Chicken
 Hamburger
 Turkey
*Sandwich spreads
*Luncheon meats or cold cuts
*Cheese dips

Fruits and Beverages

Plain yogurt with fresh fruit
Cottage cheese, plain or with fresh fruit
Ice cream
Milk, skim 2% or whole
*Buttermilk
Fruits-fresh or canned in own juice
 Apricots
 Banana bites
 Cantaloupe
 Grapefruit sections
 Grapes
 Oranges
 Peaches
 Pineapple
 Plums
 Rhubarb
 Strawberries
 Tangerines
 Watermelon
 Blackberries
Applesauce, unsweetened
Tomatoes-small or wedges
Unsweetened juices
 Apple
 Grape
 Grapefruit
 Orange
 Pineapple
*Tomato juice
Cranberry juice
Prune juice
Water
*Soups