

HAPPY TEETH START HERE

Tooth-Friendly Lunchbox

Easy swaps and snacks that are kinder to teeth — and quick to pack.



Easy swaps

Juice or cordial



Water or milk

Fruit straps



Fresh fruit

Muesli bars



Cheese or veggies

Sweet biscuits

Wholegrain
crackers

Flavoured yoghurt

Plain yoghurt +
fruit

Fill the lunchbox



Veggies

Carrot, cucumber, tomato



Fruit

Apple, berries, mandarin



Wholegrains

Sandwich, crackers, popcorn



Dairy & protein

Cheese, yoghurt, egg



Sip

Water first • milk is great



Sneaky sugar

- Juice & flavoured milk
- Dried fruit & straps
- Muesli bars & biscuits

Keep these for "sometimes".



Busy-morning wins

- Cut veggies the night before.
- Freeze water bottles overnight.
- Let kids help pack.

Water first. Then brush!

[Book a check-up](#)

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