

HEALTHY SNACKS

Foods that make teeth smile



Everyday TEETH LOVE THESE

- ✓ Tap water
- ✓ Plain milk
- ✓ Cheese
- ✓ Veggie sticks
- ✓ Fresh fruit
- ✓ Wholegrains
- ✓ Plain yoghurt
- ✓ Boiled eggs



Sometimes TREATS AT MEALTIMES

- Lollies & chocolate
- Juice & cordial
- Biscuits & cake
- Chips
- Fruit straps & dried fruit
- Sweet fizzy drinks
- Flavoured yoghurt
- Honey & jam

Water is the best drink for teeth.
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