



Healthy Snacking



All foods can cause decay (cavities), but some more than others. The following is a snack guide.

High Decay Potential	Moderate Decay Potential	Low Decay Potential	No Decay Potential
Cookies	Banana	Dark chocolate	Nuts
Graham crackers	Plain cracker	Apple	Cheese
Dried fruit	Caramel	Milk	Fresh vegetables
Cake	Sugared gum	Sugarless gum	Popcorn
Bread	Milk chocolate	Sugarless candy	
Hard candies	Potato chips	Plain yogurt	
Sugary cereals	Pretzels		
Soda	Sweetened yogurt		
	Ice Cream		

Sugar content + stickiness to your tooth = decay potential



The Waban Dental Group

Adult Dentistry • Pediatric Dentistry • Orthodontics

Jacqueline Birnhak, DMD
Douglas Howie, DMD

Sandra Zaragoza, DMD
Andrew Sonis, DMD
Isabelle Chase, DDS, F.R.C.D.(C)

Andrew Sonis, DMD
Anthea Resnick, DMD