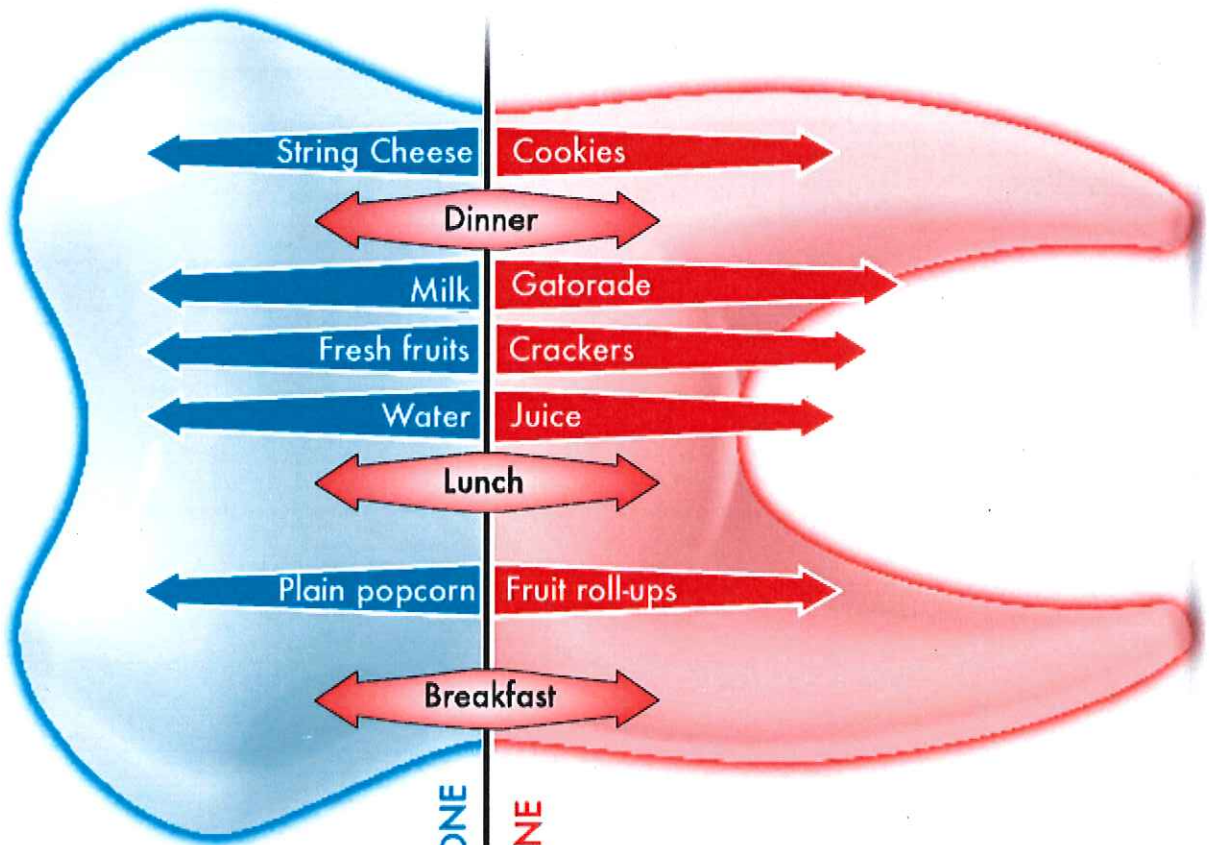


GIVE YOUR TEETH A CHANCE

Snack Smart



- HEALTHY SNACKS**
- Water
 - Fresh Fruits
 - Nuts
 - String Cheese
 - Fresh Vegetables
 - Regular Milk
 - Plain Popcorn
 - Cold Cut Meats
 - Cottage Cheese

- CAVITY CAUSING SNACKS**
- Juice
 - Soda
 - Candies
 - Cookies
 - Fruit Snacks
 - Gatorade
 - Crackers
 - Dried Fruit Snacks

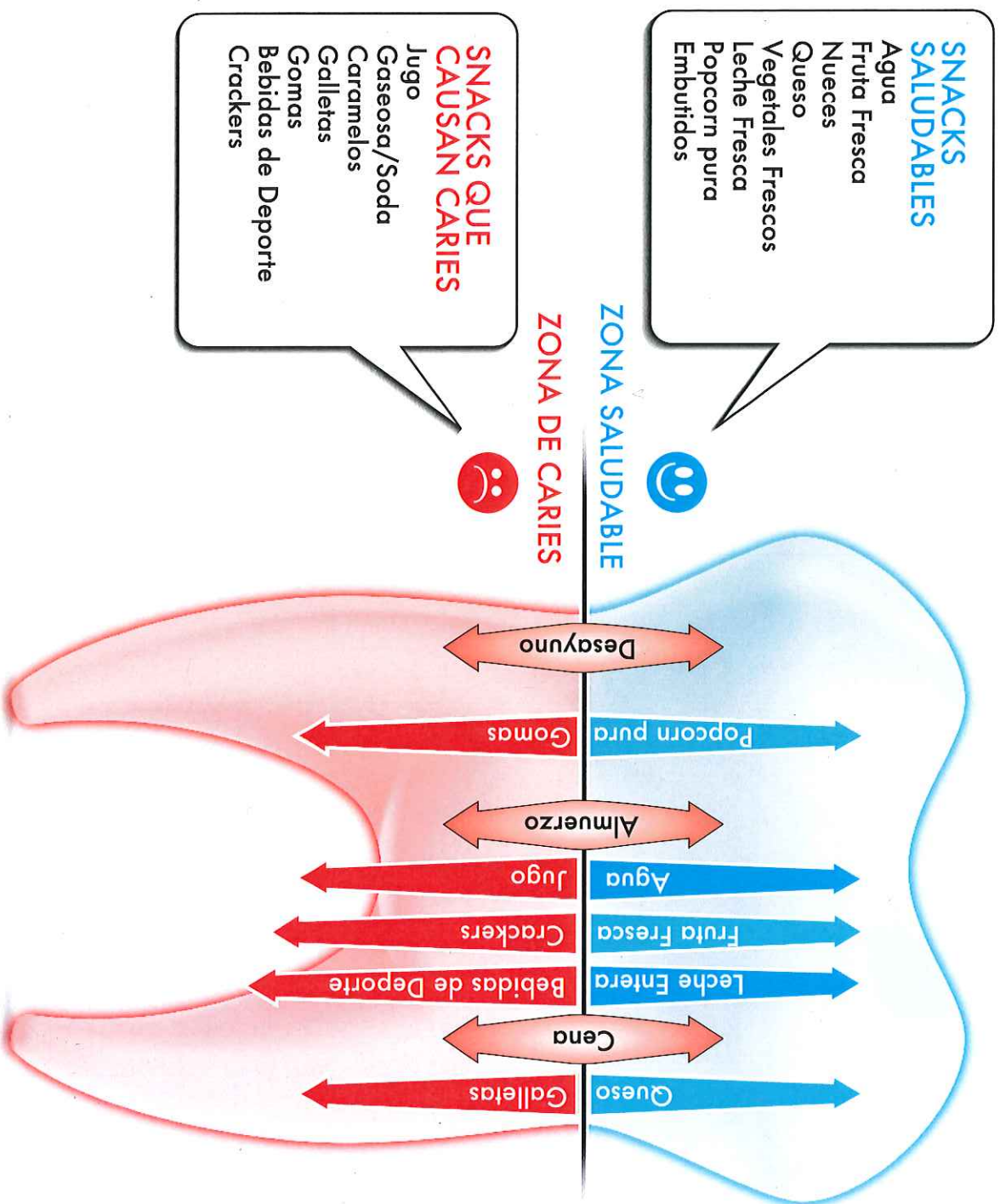
UNIVERSITY of WASHINGTON

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Use this poster to educate your patients about the difference between good and bad snacks.

DALE A TUS DIENTES UNA OPORTUNIDAD

Elige Bien Tus Comidas



- SNACKS SALUDABLES**
- Agua
 - Fruta Fresca
 - Nueces
 - Queso
 - Vegetales Frescos
 - Leche Fresca
 - Popcorn pura
 - Embutidos

- SNACKS QUE CAUSAN CARIES**
- Jugo
 - Gaseosa/Soda
 - Caramelos
 - Galletas
 - Gomas
 - Bebidas de Deporte
 - Crackers