Healthy Snack Ideas for Growing Smiles

Mix, match and keep it simple. Variety matters more than perfection.

1. **Pick a fruit or vegetable**
2. **Add protein or calcium**
3. **Offer water**

Calcium-Rich Choices

FOR TEETH AND BONES

- Cheese cubes or slices
- Plain yogurt with berries
- Cottage cheese with fruit
- Unsweetened fortified milk alternative

Protein-Packed Choices

FOR GROWTH AND TISSUE REPAIR

- Hard-boiled egg
- Hummus with vegetables
- Tofu cubes
- Unsweetened nut or seed butter*

Fruit & Veggie Choices

FOR VITAMINS, FIBRE AND WATER

- Apple or pear slices
- Berries or orange segments
- Cucumber or bell pepper
- Age-appropriate carrot pieces

Easy Snack Pairings

TWO FOODS MAKE A FULLER SNACK

- Apple + cheese
- Berries + plain yogurt
- Vegetables + hummus
- Whole-grain crackers + egg or cheese

A Few Tooth-Friendly Habits

- Offer snacks at set times instead of grazing all day.
- Serve sticky treats and sweet drinks with a meal.
- Choose water between meals.

BabyTooth Pediatric Dentistry

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*Consider allergies and choking risk. Prepare foods for your child's age.