

Please ask your doctor/dentist/chemist for sugar free medicine if available.

Choose an unsweetened/whole grain breakfast cereal in the morning or as a healthy snack at any time of the day.

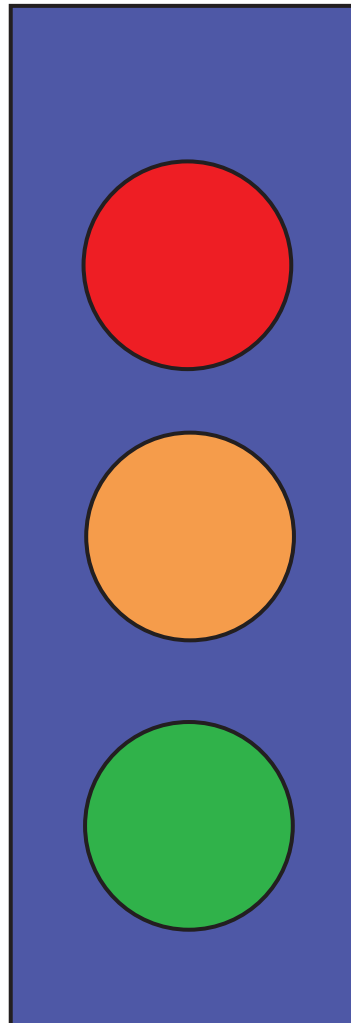
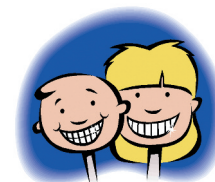
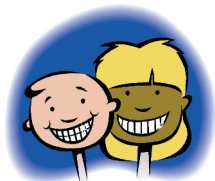
Chopped raw vegetables are a great snack choice.

REMEMBER

- Cut down on sugary drinks and food especially between meals.
- Brush your teeth and gums with a pea sized amount of fluoride toothpaste twice a day.
- Children under two years should not use fluoride toothpaste.
- Supervise tooth brushing in children under seven years.

Choose a piece of fruit for your lunch box every day.

Try cheese and crackers or a glass of unflavoured milk as a tooth friendly snack.

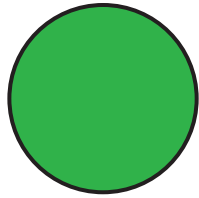


Prepared by the Oral Health Promoters in consultation with Community Dietitians Health Service Executive (LHO) Dublin North/North Central/North West

 Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

**Snack Right
Smile Bright**

Green



GO

These snacks and drinks contain the least amount of sugar and are the most suitable snacks and drinks between meals:

Drinks

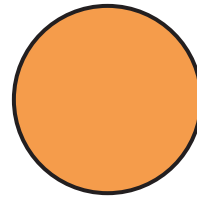
- Milk
- Tap water, bottled still water (unflavoured)

Foods

- Fruit, e.g. apples, pears, bananas, oranges
- Vegetables, e.g. carrot sticks, cherry tomatoes
- Bread (preferably wholemeal, or wholegrain)
- Plain rice cakes / breadsticks / unsalted crackers
- Plain unsalted popcorn / nuts*
- Wholegrain, unsweetened cereals, e.g. Shredded Wheat, Weetabix, Ready Brek, Porridge (NB do not add sugar to cereal)
- Cheese
- Natural yogurt with chopped fruit

* Whole nuts/popcorn are not recommended for children under five because of the risk of choking.

Amber



THINK

These snacks and drinks contain more sugar than the green list and should not be taken too frequently between meals:

Drinks

- Flavoured milk / yogurt drinks
- Fruit smoothies
- "No added sugar" dilutable squashes
- Flavoured water
- Pure fruit juice*

Foods

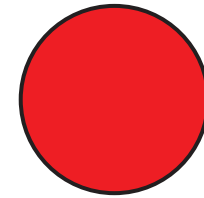
- Fruit yogurt**
- Dried fruit***

* One glass of fruit juice can count as only one of your five portions of fruit and vegetables a day.

** Fruit yogurts, yogurt drinks and fruit smoothies are a valuable source of calcium but also contain sugar.

*** One portion of dried fruit can help to meet the recommended target of five portions of fruit and vegetables a day. However, as dried fruit contains sugar it is best taken at mealtimes.

Red



STOP

These snacks and drinks can contain a lot of sugar. They can also be acidic causing erosion of the teeth. They are best taken only very occasionally.

Drinks

- Fizzy drinks/diet drinks/sparkling water
- Sports drinks
- Fruit drinks
- Regular diluted squashes

Foods

- Sweets, toffees, lollipops
- Jams, marmalade, honey and chocolate spread
- Cereal/muesli bars
- Cakes, buns and biscuits
- Dessert type yogurts including those with added chocolate, toffee, honey, crumbles, etc
- Chocolate
- Ice cream
- Sweetened cereals, e.g. Frosties, Coco Pops, Honey Nut Loops

