






Red light, Yellow light, Green light Go!
Tooth Friendly Snacks can help us grow!



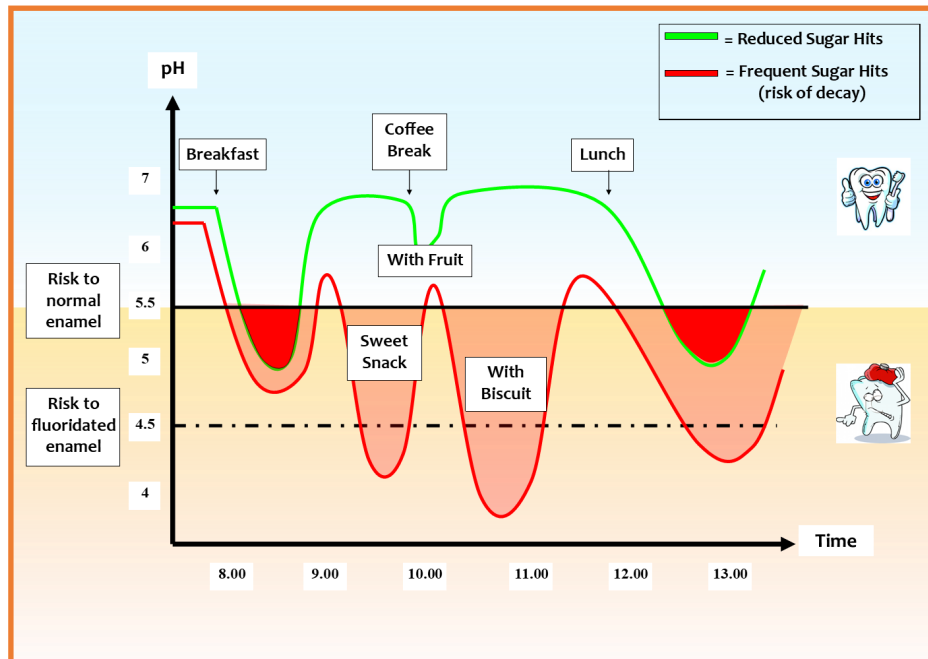
	Dairy	Fruit & Vegetables	Savoury Foods	Baking & Confectionery	Cereals	Drinks
Items in this section are advised for Mealtimes Only 	Ice-creams Milkshakes Flavoured yoghurts Drinking yoghurts Yoghurt pouches	Dried fruit products Raisins Fruit Bars Fruit Winders Fruit pouches	Processed meat products: Meat pies Sausage rolls Pasties Nuggets	Sweet biscuits e.g. Rich Tea, Digestives, Hobnobs Sweet pastries/ Plain or iced cakes Butteries, croissants, brioche Breads w/ high fat or sugary spreads	Cereal bars Snack bars Sugared breakfast cereals Salted popcorn Toffee popcorn	Fruit smoothies Fizzy drinks Sports drinks Sugared drinks or squash
Items in this section are advised for no more than once or twice a week 	Flavoured milk drinks Low fat cheese	Tinned fruit (in juice, not syrup) Fruit pots Shop bought/tinned soups	Breadsticks Crisps, Pom bears Snack pots Unsalted nuts (!allergies!, not suitable for babies/toddlers)	Scones Pancakes Oatcakes Crumpets Ciabatta, focaccia, tortillas, naan bread	Cornflakes Weetabix Rice Krispies	Fresh fruit juice (diluted) No added sugar/ sugar free drinks or squash
Items in this section are suitable as regular between meal snacks 	Plain milk Natural yoghurt Plain fromage frais (add fresh/frozen fruit for flavour)	Fresh fruit Bananas Berries Apples Satsumas Raw vegetables Homemade Soups Baked Beans	Rice cakes Low fat/salt crackers	White, brown, granary or wholemeal breads, rolls, bagels, baguettes Toast Sandwiches	Porridge oats (with no added sugar or honey) Wholegrain, high fibre cereals (less than 5g/100g sugar) e.g. Shredded Wheat Plain popcorn	Plain milk Plain/still water Tea/coffee without sugar (adults & older children)

Sugar Frequency & Our Teeth

Every time we eat or drink something with sugar, the pH level in our mouth drops putting our teeth at risk.

Sugar mixes with plaque in our mouths creating an acid that starts to break down tooth enamel. This is what we call an **“acid attack”** and it can take up to an hour for our saliva (spit) to clear away all of the acid and end the attack.

If sugary foods are eaten frequently, this damage eventually leads to **tooth decay** which becomes **painful** and/or **infected** if left untreated.



Tooth decay can be avoided by limiting sugary food and drinks to mealtimes or special occasions only.

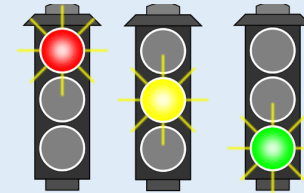


Check food labeling for sugars and choose snacks and drinks with less than 5g/ml per 100g/ml.

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