



Weideman Professional Dental Corp.
Pediatric Dentistry
7916 Pebble Beach Dr., Suite 101
Citrus Heights, CA 95610
(916) 962-0577



**Did you ever wonder what food/snacks to give your child?
Here are some suggestions:**



Foods/Snacks to avoid:

- * Raisins, Dried Fruit
- * Fruit Rolls, Fruit Snacks
- * Jelly Beans, Licorice, Tootsie Rolls, Skittles, etc.
- * Suckers, Hard candies, Caramel
- * Chewy granola bars, Kudo bars
- * High sugar cereals - Fruit Loops, Trix, etc.
- * Nerds, Warheads (may burn oral tissue)
- * Sodas, Lemonade, Koolaid



Foods/Snacks that may break teeth:

- * Tortilla chips
- * Corn nuts, Nuts
- * Popcorn (may cause gum infection)
- * French bread, Croutons
- * Now and Laters, Jawbreakers, Jolly Ranchers, hard candies, Suckers
- * Granola bars (hard)

Foods/Snacks that are good:

- * Cheese, Cheese sticks
- * Fresh fruit and vegetables
- * Oatmeal, Macaroni and cheese
- * Sugarfree gum
- * Yogurt, Cottage Cheese, Jello
- * Crackers, Low sugar cereals (brush teeth afterwards)
- * Water

***** Remember: The longer the food stays in contact with the tooth, the greater chance of getting a cavity *****

