

# THE MIGHTY MOUTH'S GUIDE TO SMART SNACKING & SIPPING

HOW TO AVOID **ACID ATTACKS** THAT HARM YOUR TEETH

Since 1978 the great American pastime of snacking has doubled.



This means that foods and drinks are touching your teeth more often. Sweet and sticky foods and drinks feed germs in your mouth.

**After eating, the germs make acid that attacks your teeth for 20 minutes.**

But I like to snack, so which foods are bad and which are good?

Check it out

## THE GOOD

Choose tooth-healthy snacks such as fresh fruit, vegetables, cheese, yogurt, nuts, whole grains and lean meats. These foods don't stick to your teeth and are also good for your waistline.



## THE BAD *and the sticky*

Avoid foods that are high in sugar and carbs such as bagels, juice, and gummy snacks. These foods stick to your teeth and feed cavity-causing germs. It is the frequency of snacking combined with the type of snack that causes cavities.



## ADDITIONAL TIPS



Eat sweets at mealtimes to reduce "time on teeth".



Eat or drink your treat all at once instead of nibbling or sipping frequently throughout the day.



Drink water (especially fluoridated water) after you snack to rinse the food off your teeth.

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