

# Healthy Snacks for Healthy Teeth

Choose a base .....



It's fun to mix and match!

For example:



Seeded bread or rye bread



Crackers



Plain or cheese scone



Flatbread, toasted pitta....



Rice Cake



Breadsticks



Potato wedge – Baked. Try sweet potatoes



Apple slices



Carrot Sticks



Celery Sticks

Add a topping or dip.....



Try celery sticks or apple with nut butter – delicious!\*

For example:



Low fat hummus or other dips



Low fat cream cheese



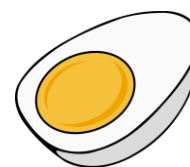
Nut butter\*



Tinned tuna, mayonnaise & yogurt



Cheese



Boiled egg



Mashed avocado



Sliced banana

A portion of fruit, vegetables, nuts or seeds is a healthy snack.....

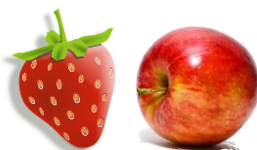
For example:



Mixed fruit salad



Fruit & Greek yoghurt sugar free



Whole fruit portion



Sweet peppers



Cucumber slices or sticks



Cherry tomatoes



Cooked sweetcorn



Almond nuts\*



Pumpkin seeds

For more healthy snack ideas visit: <https://www.nhs.uk/change4life/food-facts/healthier-snacks-for-kids/100-calorie-snacks/>

\* Beware Nut Allergy. Check whether your school or organisation is a nut-free zone