

Snack Choices for Cavity Prevention



Soft and sports drinks



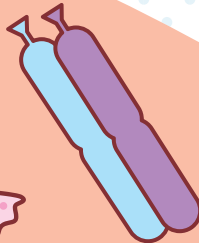
Probiotic yogurt drinks



Excessively long periods of bottle feeding



Chocolate



Popsicles (In tubes)



Hard candies



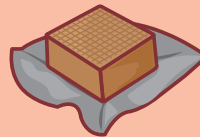
100% Fruit juice



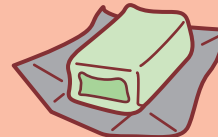
Popsicles



Ice cream



Caramel



Soft candies



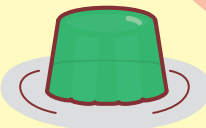
Tea



Milk



Rice balls



Jelly



Pastries



Cake



Fruit



Sandwiches



Pudding



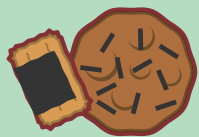
Yogurt (sugar added)



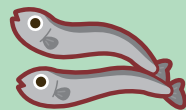
Cookies



Cream puffs



Rice crackers



Small fish

Risk of Cavities

High



Low



High in sugar and sticks to the mouth

High in sugar but doesn't stick to the mouth

Low in sugar and doesn't stick to the mouth