

# HEALTHY SNACKS FOR HEALTHY SMILES

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## YOGURT

Dairy foods are less sticky, lower in sugar and wash off our teeth quickly, which avoids cavity producing bacteria from living on our teeth.



## CELERY

Celery is a crunchy vegetable that has a high-water content and is high in antioxidants. The crunchy nature of celery is one of the attributes that makes it so good for your teeth.



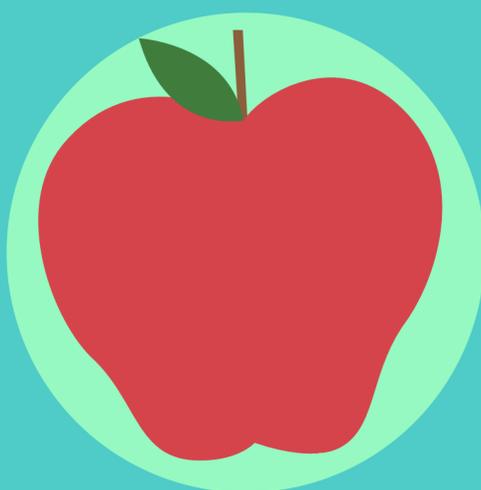
## CARROTS

Carrots as a vegetable contain keratin and Vitamin A, which both strengthen tooth enamel, and can help to repair tooth enamel that has been damaged.



## CHEESE

Cheese has high levels of phosphate and calcium, which naturally strengthen teeth and bones, but it also helps balance the pH level in your mouth, which means less harmful acid, more cleansing saliva and fewer cavities.



## APPLES

Like other crisp, raw vegetables and fruits, apples can also gently remove plaque trapped between teeth.



## NUTS

Nuts contain minerals important for overall health. In addition, chewing nuts stimulates saliva production, which can reduce your risk for tooth decay by washing away food and plaque living on your teeth.

