



Tooth unfriendly food



Tooth unfriendly drinks



Keep these to mealtimes only!



✓ Tooth friendly food



plain



check!

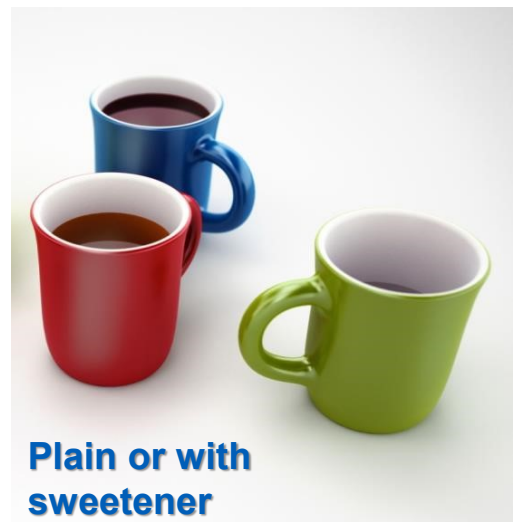


breadsticks



hummus

✓ Tooth friendly drinks



Plain or with
sweetener