Dental HealthCare

NHS

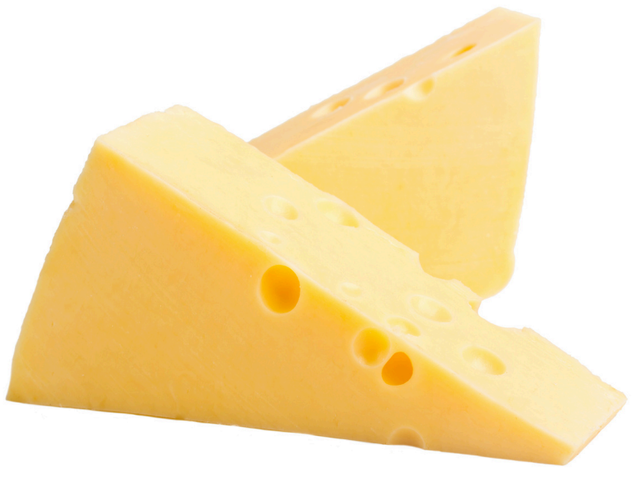
Tooth friendly snacks and drinks

Plain water

Milk

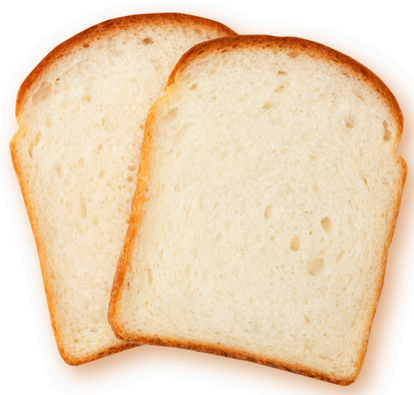
Fresh vegetables and houmous

Whole fruit



Cheese (hard or soft)

Plain yoghurt



Bread and plain crackers

Plain rice cakes

Dental HealthCare

NHS

Keep these to mealtimes only!

Fruit smoothies and coolers

Fizzy drinks

Juice or squash drinks

Sweets and chocolate

Flavoured yoghurt

Biscuits and cookies

Cereal or fruit snack bars

Raisins or dried fruit