

For healthy teeth eat the following

We have been asked what kind of snacks would you suggest? The following items are good to have in the refrigerator or in a "snack" dish that may be kept around the family room.

SNACK IDEAS

All kinds of nuts
Fresh fruit
Hard-cooked eggs
Yogurt
 preferably homemade
Granola, (be sure there are

no additives or sugars in it)
Dill Pickles
Vegetables Sticks
Olives
Cherry tomatoes
Dried fruit
Sunflower seeds
Pumpkin seeds

Thank you, and we are looking forward to bringing you more dental news in the next news letter.

We hope you enjoy the new school year.