

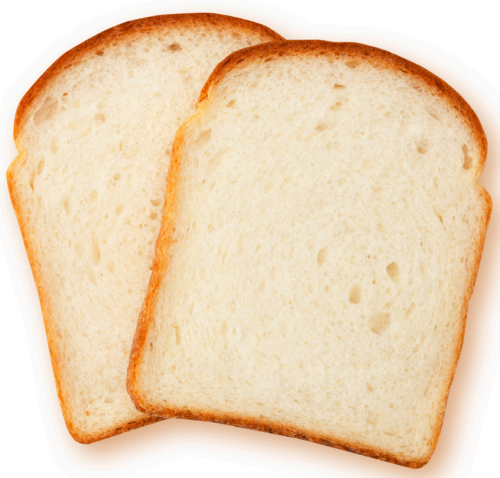
# Tooth friendly snacks and drinks for inbetween meals



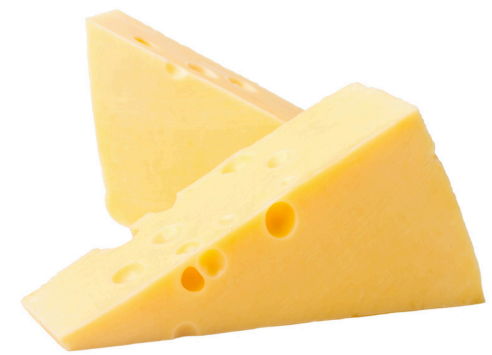
Water and milk



Whole fresh fruit or vegetables with houmous dip



Bread and crumpets



Cheese and plain yoghurt



Plain crackers, rice cakes and bread sticks



Keep these to mealtimes only,  
not suitable as a snack



Fruit Smoothies and  
fruit coolers



Fizzy drinks



Fruit juice and squash



Cakes and biscuits



Sweets and chocolate



Dried fruit



Flavoured yoghurts



Cereal/fruit bars