



OK SNACKS

peanuts
popcorn
yogurt
pizza
pickles
fritos corn chips
fruit
cheese
raw vegetables
olives
vegetables
(Diet Cola) - teenagers
unsweetened
juice and cereal
sugarless gum
Orbit
Carefree
Trident
sugarless candies
Sweet Nothings
Trident Mints
Estee Products
Sorbee Products
Nutrasweet Products
(not for children with
diagnosed P.K.U.)

AVOID

sucking & sticky candies
fruit rollups
syrup – use butter
chocolate milk
kool pops
granola bars & fruit bars
excessive raisins and
other dried fruit
honey
sugar / honey cereal

STEPHEN D. MILLER, D.D.S., Ltd.

PEDIATRIC DENTISTRY

DECAY WILL OCCUR BY HOW OFTEN OR FREQUENT SUGAR IS EATEN – NOT BY HOW MUCH AT ONE TIME