

SNACK SWAP GUIDE

Smart Alternatives for Healthy Smiles

INSTEAD OF SUGARY DRINKS



Juice Boxes / Soda



Sports Drinks



Water, Sparkling Water, or Water with Flavor



Fresh Fruit
(berries, apple slices, orange wedges)

INSTEAD OF SUGARY SNACKS



Candy



Granola Bars
(with little added sugar)



Fresh Fruit
(berries, apple slices, orange wedges)



Nuts, Seeds, or Whole Grain Crackers

INSTEAD OF CHIPS & PROCESSED SNACKS



Chips / Cheese Puffs



Crunchy veggies



Veggie Sticks (carrots, cucumber, bell pepper) + Hummus



Air-popped Popcorn
(light seasoning, no sugar)

INSTEAD OF SUGARY DESSERTS



Cookies / Candy



Ice Cream



Banana slices with Peanut Butter



Yogurt (plain or lightly sweetened, topped with fruit)



PRO TIP

Timing matters - save sweet treats for mealtimes (less risk for cavities than grazing all day).



PARENT HACK

Keep pre-cut fruits & veggies ready in the fridge so kids grab them first.

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GROWING HEALTHY SMILES STARTS AT HOME

Small daily habits like smart snacking and good brushing help your child build a cavity-free smile that lasts.

5 RULES FOR HEALTHY SNACKING

- **Set snack times.** Grazing all day never lets teeth take a break. A few set windows beats snacking around the clock.
- **Water first.** Stick to water or plain milk between meals, and cap juice at 4-6 oz a day. Straight from the AAP's guidance.
- **Add protein or fiber to every carb.** Cheese with an apple, hummus with veggies. Keeps kids fuller longer and skips the sugar spike.
- **Keep it in reach.** Cut fruit on the counter, veggies at the front of the fridge. Kids eat what's easiest to grab.
- **Show, don't just tell.** Kids copy what's in your hand, not just what's on their plate.

It's not just how much sugar your child eats.
It's how often their teeth are exposed to it.

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