



Healthy Snacks for When You're 'On-the-Go'

The importance of brushing and flossing for tooth health is well known. However, eating a well-balanced diet full of wholesome, low-sugar meals is also crucial. Families need to snack when they are out of the house because life may get hectic at times!

A lot of unhealthy snacks are also harmful to your teeth. Cookies, drinks, and candies are examples of snacks that are high in sugar and carbohydrates that can lead to plaque, a sticky accumulation of bacteria on your teeth. Plaque can also lead to tooth decay if it is not treated.

Healthy eating habits can lead to a healthy mouth if you plan ahead and eat a range of nutritious meals in the proper proportions. These are our top picks for nutritious, tooth-friendly snacks to have on hand.



Nuts

Nuts make a nutritious substitute for salty snacks like potato chips. Their abundance of vitamins and minerals contributes to the development of stronger teeth. Chewing nuts encourages the production of saliva, which naturally cleans and protects your teeth by removing food particles and acid buildup that can cause cavities.



Crispy Vegetables with Fresh Fruits

Vitamins and nutrients essential to your child's general health are abundant in fresh fruits and vegetables. In addition to promoting saliva production and removing food particles and plaque, chewing crisp fruits and vegetables can help prevent cavities. Pre-bagged cookie and cracker snacks, which are low in nutritional content and rich in added sugar, are a great substitute for fruits and vegetables.

Apples' thick skin and high fiber content help remove plaque from your teeth, gums, and tongue.

Celery is a great snack for your teeth because of its high water content. As you chew, celery's crunchy texture rubs your gums and removes harmful

bacteria from your teeth.

Dairy and Cheese

Calcium and protein, which are the nutrients that strengthen teeth and bones, are abundant in cheese and other dairy products like milk and low-fat yogurts, while they are low in sugar. Chips and other starchy snacks are not as good for teeth as string cheese and other portable cheese nibbles.

Lean Proteins

Phosphorus, a mineral crucial for maintaining tooth enamel, is abundant in lean proteins such as fish, poultry, and eggs. Before any after-school activities, your child will benefit from a nutritious energy boost from snacks like a tuna sandwich with whole wheat bread or chicken salad with nuts and celery.

Don't Forget the Water

Instead of reaching for a juice box, soda, or a [sports drink](#), choose water. Encouraging your kids to swish water around in their mouth after they've eaten a snack can help remove debris caught in their teeth that can lead to enamel loss and acid buildup