

# Hey, what's in that school snack or lunch?

A can of pop contains about 8 to 10 teaspoons of sugar, and if you think that natural sugar (like the sugar in raisins) is better for your teeth, it's not. Sugar is sugar, and children are consuming a lot of it!

- Choose nutritious, unsweetened snack foods. Read ingredient lists when choosing snacks. Molasses, honey, fructose, glucose and sucrose are all types of sugar. When reading labels, check for "ose". This means sugar.
- Sweets should be a treat, eaten occasionally.
- Eating smaller amounts of sweets frequently is more harmful than eating larger amounts of sweets at one time.
- It is better to eat sweets at mealtime and not as snacks. The increased saliva flow during meal buffers sugars and helps wash them away.
- Reduce the time that sweet food stays in contact with the teeth. Limit sticky sweet foods, sugared drinks, chewing sugared gum, or sucking on candy over long periods of time.
- After your child eats sweet and/or sticky foods, brush your child's teeth. If brushing is not possible, rinse your child's mouth with water.

## **SUGGESTIONS FOR HEALTHY SNACK FOODS**

Vegetables and/or fruit

Whole grain crackers or  
breads with low-fat cheese

Whole grain muffins

Cottage cheese

Low-fat yogurt

Unsweetened 100% Juice  
or vegetable juice

Eating healthy food is always a good choice for both dental health and general health. Read the labels on the snacks and drinks your children are consuming, to limit their intake of sugary substances, and encourage healthier alternatives.

Source: Adapted with permission from materials produced by York Region Health Services, 2007



**For More information,**  
call a Registered Dietitian  
at 1-800-660-5853 or 613-345-5685  
or visit [www.healthunit.org/nutrition](http://www.healthunit.org/nutrition)

Developed by Renfrew County and District Health Unit