Smart Snacking Chart

Healthy Zone

Healthy Snacks
- Water
- Fresh fruits
- Nuts
- String cheese
- Fresh vegetables
- Regular milk
- Plain popcorn
- Cold cut meats
- Cottage cheese

Cavity Causing Snacks
- Juice
- Soda
- Candies
- Cookies
- Fruit snacks
- Sports drinks
- Crackers
- Dried fruit snacks

Breakfast

Snack

Lunch

Snack

Dinner

Cavity Zone