

# 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

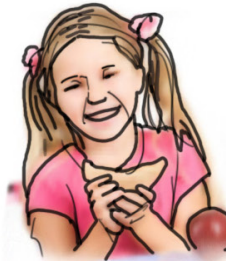


**Cavity Zone**



**Breakfast**

**Snack**



**Lunch**

**Snack**



**Dinner**

**Snack**

