

# Healthy Snacks for Happy Teeth

Simple swaps to support your child's smile

Highlighting the importance of children's oral health, this flyer shows how parents and caregivers can support healthy habits from an early age. Supporting your child's oral health through each stage of development sets the foundation for a lifetime of healthy smiles.

One of the most impactful habits to get right early is healthy snacking. What your child eats between meals can have a big impact on their teeth.

## Why snacks matter

Frequent snacking, especially on sugary or sticky foods, feeds the bacteria that cause tooth decay. Children's teeth are still developing and need extra protection. Choosing tooth-friendly snacks can help keep enamel strong and gums healthy.

## Snack smarter with these ideas

These foods support dental health and are easy to include in lunchboxes or after school:

- Fresh fruit like apple slices or berries
- Vegetables sticks with hummus or tzatziki
- Cheese cubes or slices
- Plain popcorn
- Wholegrain crackers
- Unsweetened yoghurt
- Boiled eggs
- Nut butters (where allergy-safe) on toast or celery
- Water or milk instead of juice or soft drinks

## Snacks to enjoy occasionally

Some snacks are best kept as treats due to their high sugar or acid content, or their tendency to stick to teeth:

- Muesli bars
- Dried fruit
- Fruit juices and flavoured milk
- Lollies, biscuits and cakes
- Soft drinks or sports drinks

If your child does have these occasionally, try to keep them to mealtimes and follow up with water.

## Supporting lifelong oral health

Healthy eating is just one part of a strong dental routine. Encourage your child to:

- Brush teeth twice a day with fluoride toothpaste
- Clean between teeth daily with floss or interdental brushes
- See their dentist regularly
- Choose a balanced diet low in added sugar

---

Henry Schein is proud to support dentists and specialists across Australia with the tools and resources they need to guide families through every stage of oral development. From early childhood to confident teenage smiles, we're behind every step forward.

For more free patient resources visit:

