



ORAL HEALTH KANSAS

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HEALTHY KANSAS KIDS

TASTY TREATS FOR TEETH AND BODY

As parents we've learned to design healthy snacks for ourselves, choosing frozen yogurt over triple chocolate molten lava cake... at least most of time. Teaching our kids to substitute high-calorie, heavy on the sugar snacks for healthier options is important to keep them free of cavities and to maintain a healthy weigh. Healthy snacks are essential for good overall health. Here are some options:

TRY THIS	INSTEAD OF THIS
Fresh fruit, like grapes, apples, berries	Dried fruit, fruit in heavy syrup, fruit rollups
Whole grain crackers, cheese sticks, carrot sticks	Potato chips, taco chips, dips
Low-fat frozen yogurt, Low-sugar ice cream	Cookies, cupcakes, pies
Small piece of chocolate that melts in the mouth	Gummy chews, liquorish sticks, lollipops
Water, low-calorie flavored water	Soda, sports drinks, energy drinks

*** For more information, please contact Marcia Manter, mmanter@oralhealthkansas.org