



You Don't
Need Sugar
to be Sweet



Quick Tips for Sugar-Smart Snacking

Sugary sweets may taste good, but they also cause cavities. By avoiding sugar, and by brushing and flossing right after meals and snacks, you can help prevent cavities from ever starting in the first place.

Quick Tips for Sugar-Smart Snacking

- Choose healthy treats like nuts, raw vegetables or even low-fat yogurt.
- Fruit is naturally sweet and contains vitamins that support a strong body and teeth.
- Chew sugar-free gum after snacks to reduce the acids that cause cavities.

Healthy Smile, Happy Life

Take advantage of numerous free resources for improving your oral health from Delta Dental at deltadentalmn.org/oral-health.

