

Fishers Pediatric Dentistry

Best Snack Choices



Cheese
Chocolate

Nuts

Popcorn

Sugar Free Gum



Good Snack Choices

Ice Cream

Fresh Fruits

Vegetables

Yogurt



www.fisherspediatric.com

317-598-9898

Bad Snack Choices



Caramels

Dried Fruits

Gummy Fruit Snacks

Gummy Vitamins

Mints

Sticky Candy

Suckers

Sugar Gum

Colas, sodas and sports drinks

