

Packing the perfect lunch

When lunchtime rolls around, there are so many food and drink choices! Circle the ones that make the healthiest lunch for your smile.



Fresh, crunchy foods like apples and carrots are called "detergent foods." That means they help clean your teeth.



Potato chips contain starch that break down into sugar in your mouth.



Drinking water or plain milk is way better for teeth than sugary juice drinks.



Dairy items like milk, cheese and yogurt have calcium that helps strengthen teeth.



Sweet, chewy foods like caramel and gummies can stick to your teeth and cause cavities.



Answers: apple, celery, carrots, yogurt, cheese, milk, water and almonds