

Where's the sugar?

Surprise! What you eat and drink may have more sugar than you think. Let's discover some cavity-causing foods and drinks.



Breakfast bars

Breakfast bars can contain some healthy ingredients like nuts, fruits and oats. But some also have as much sugar as a candy bar! Whoa — that's a whole lot!



Dried fruit

If it's fruit, it has to be good for your teeth. Right? Wrong. Dried fruit can be full of added sugar and it really sticks to your teeth. That makes it a double danger for your smile.



Chocolate milk

Milk is full of the calcium you need for strong teeth and bones. But chocolate milk is also full of something you don't need — added sugar.



Crackers

Crackers are not a sweet snack but they can still cause cavities. They are full of carbs, which turn into sugar on your teeth. That's pretty sneaky!

— Try these tasty treats that are good for your teeth —



Fruits and vegetables



Nuts and seeds



Cheese, plain milk and low-sugar yogurts