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Food Suggestions

The following that we have listed are some foods that promote tooth decay because of their high sugar content; these are called "NO, NO's". Also listed are some foods that are fairly free of sugar and may be eaten without danger of promoting tooth decay. Last are some in-between meal (healthy) *snacks for you child's teeth, which should only be eaten in moderation.

NO, NO's

Cake	Apple Juice	Dates	Canned Fruit
Candy (all)	White Grape Juice	Figs	Custard
Cookies	Chocolate Drinks	Grapes	Dry Cereal
Donuts	Cocoa	Honey	Frozen Fruit
Graham Crackers	Hi-C, Capri Sun, etc.	Jam/Jelly	Gum
Ice cream	Kool-Aid	Molasses	Marshmallows
Jell-O	Milk Shakes	Pancakes	Peanut Butter
Pie	Ovaltine	Raisins	Pudding
Sherbet	Soda Pop	Syrup	Waffles
Sugar	Sweetened Juices	Applesauce	Gatorade/PowerAde

YES, YES'S

Meat	Eggs	Cooked Cereal	Vegetables
Poultry	Cheese	Shredded Wheat (no icing)	Crystal Light
Fish	Mushrooms	Puffed Rice	Flavored Water (no Sugar)
Seafood	Butter	Puffed Wheat	Iced Tea (unsweetened)
Milk	Margarine	Rye Bread	Water
Buttermilk	Macaroni	Whole Grain Bread	_____
Soup	Spaghetti	Popcorn	_____

*Unsweetened-orange juice, grapefruit juice, tomato juice, etc.

*All fresh fruit and fresh or canned vegetables are healthy snacks for your children's teeth, along with the following:

Nuts, popcorn, animal crackers, wheat thins, toast, crackers, bologna, salami, string cheese, milk, olives, pickles, rice cakes, etc.