



FAMILY HEALTH HANDOUT: DENTAL GO, SLOW, AND WHOA FOODS



HEALTH CHALLENGE

Replace a sugary snack each day with a nutritious snack such as a fruit or vegetable.

SNACKS ARE AN IMPORTANT PART OF THE DIET.

Healthy snack choices add vitamins and nutrients to our bodies. Sugary snacks add calories and cause cavities. Which snacks does your family choose? Check out the snacks in your refrigerator and cupboards. They may be Go, Slow, or Whoa foods.

Remember!

If you eat Slow or Whoa snacks, eat them less often and be sure to:

- Brush your teeth
- Rinse your mouth with water
- Eat juicy, crunchy fruits or vegetables
- Or chew sugar-free gum or gum with xylitol



STICK IT UP!

PUT THIS BY YOUR FOOD CABINETS AS A REMINDER TO REPLACE A OR SUGARY SNACK EACH DAY WITH A NUTRITIOUS SNACK.

GO SNACKS: THE MOST NUTRITIOUS CHOICES.

- Fruits like grapes, apples, pears
- Vegetables like carrots, celery, cucumber
- Plain popcorn
- Nuts
- Seeds like sunflower and pumpkin
- Low-fat cheese and yogurt
- Water
- Herb tea
- Low-fat milk
- Vegetable juices

Choose these first instead of Slow or Whoa snacks!

SLOW SNACKS: FOODS YOU NEED TO BE CAREFUL ABOUT.

They have fats, starches, and sugar that stick to teeth and cause cavities.

Snack less on:

- Crackers
- Bagels
- Juice drinks
- Pretzels
- Dry cereal
- Dried fruits

WHOA SNACKS: LITTLE OR NO VALUE FOR YOUR HEALTH.

Eat these the least often:

- Candy
- Chips
- Soda and sugary drinks
- Fruit roll-ups
- Cookies