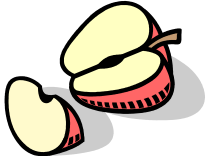



# Foods to Eat for Healthy Teeth



**Choose these foods to keep your teeth healthy and strong:**

<p><b>Whole grain foods:</b></p> <ul style="list-style-type: none"> <li>• Whole grain pasta</li> <li>• Whole wheat bread</li> <li>• Unsweetened cereals such as Cheerios or Bran Flakes</li> <li>• Popcorn</li> </ul>	<p><b>Raw fruits and vegetables:</b></p> <ul style="list-style-type: none"> <li>• Apples</li> <li>• Celery</li> <li>• Cucumbers</li> <li>• Peppers</li> <li>• Broccoli</li> <li>• Carrots</li> </ul> 	<p><b>Low fat dairy foods:</b></p> <ul style="list-style-type: none"> <li>• Cheese</li> <li>• Milk</li> <li>• Yogurt</li> <li>• Soy milk</li> <li>• Cottage cheese</li> </ul> 	<p><b>Protein-rich foods:</b></p> <ul style="list-style-type: none"> <li>• Eggs</li> <li>• Chicken</li> <li>• Turkey</li> <li>• Lean beef</li> <li>• Nuts</li> <li>• Seeds</li> <li>• Beans</li> <li>• Fish</li> </ul>
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**Prevent cavities by limiting these foods:**

<p><b>Sticky foods and candy:</b></p> <ul style="list-style-type: none"> <li>• Jelly beans</li> <li>• Maple syrup</li> <li>• Honey</li> <li>• Caramel</li> <li>• Sticky candy</li> <li>• Hard candies</li> <li>• Marshmallows</li> </ul>	<p><b>Sugared drinks:</b></p> <ul style="list-style-type: none"> <li>• Soda</li> <li>• Sweetened juice drinks</li> <li>• Sweetened lemonade and iced tea</li> </ul>	<p><b>Treats and baked sweets:</b></p> <ul style="list-style-type: none"> <li>• Doughnuts</li> <li>• Brownies</li> <li>• Cakes and pies</li> <li>• Sweetened cereals</li> <li>• Chips</li> <li>• Crackers</li> <li>• Granola bars</li> </ul>
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## Strawberry Banana Smoothies

Makes 4 servings (1 cup each)

### Ingredients

- 1 ripe banana
- 1½ cups frozen strawberries
- 1 cup low-fat vanilla yogurt
- 1 cup 100% orange juice

### Directions

- 1) Peel the banana, break into pieces, and put in the blender.
- 2) Add the strawberries, yogurt, and orange juice.
- 3) Blend until smooth and pour into 4 cups. Enjoy!

