

Factsheet

Food and drinks for children

Choosing healthy snacks:

- ✓ Try to make your child's snacks as healthy as their main meals.
- ✓ Fresh foods are best.
- ✓ Read the food label and list of ingredients. Choose foods that do not have sugar listed in the top three ingredients.
- ✗ Avoid snack foods that are sticky, chewy, or sweet. These take longer to clear from the teeth. This can increase the risk of tooth decay.
- ✗ Do not give foods or drinks that stay in the mouth for a long time. For example, a lollipop or sipping on juice from a bottle.
- ✗ There is no need to give fruit juice to a baby under 1 year of age. Children over 1 year of age can have fruit juice occasionally. Only give 120-180ml in a cup instead of a bottle.

How much fruit per day?

- 1 serving per day:** 2-3 year olds
- 1.5 servings per day:** 4-8 year olds
- 2 servings per day:** over 8 year olds



Tooth-friendly snack foods for children:



Fresh vegetables such as carrot and celery pieces.



Fresh fruit instead of fruit juice or dried fruit.



Yoghurt & cheese is good for teeth except when extra sugar has been added. Read the food label and ingredients to check the sources of sugar.

Tooth-friendly drinks for children:



Breastmilk or infant formula



Cow's milk after 12 months of age.



Water after 12 months of age. Tap water is best.

Watch this pro-tip video on tooth-friendly diets

