ORAL HEALTH KANSAS
ADVOCACY • PUBLIC AWARENESS • EDUCATION

TIPS AND TRICKS SERIES

Healthy Snacks Limit Acid Attacks

Every time we eat or drink sugary or starchy foods, acid attacks our teeth—and too many attacks can cause cavities.

Why it matters:

- Germs in the mouth use sugar and starch to make acid.
- That acid attacks teeth for about 20 minutes each time we eat or drink.
- Frequent acid attacks can lead to tooth decay (cavities).

What to do:

- Choose low carb or whole grain snacks between meals
- Drink water between meals and snacks
- Give teeth a break between eating times

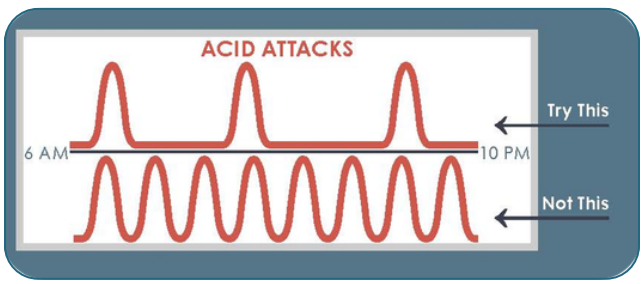
What to avoid:

- Snacking all day
- Sipping sweet drinks throughout the day
- Juice, milk, or sweet drinks in bottles or sippy cups for long periods
- Sports and energy drinks unless they are truly needed

Ask a dental professional if...

- You or your child snack or sip drinks all day
- Teeth feel sensitive or painful
- You see white or brown spots on teeth
- You want help choosing tooth-friendly snacks





Eating Frequency