

Fruits



- Apples
- Kiwi
- Bananas
- Persimmons
- Berries
- Grapes
- Oranges
- Mangos

Tooth Friendly Snacks

Whole Grain products

- Whole Grain Breads
- Whole Grain Bagels
- Whole Grain Flat Bread
- Cooked Brown Rice
- Bulgur or Quinoa
- Whole Grain Cereal
- Cooked Whole Grain Pasta or Couscous
- Plain Popcorn



Vegetables



- Carrots
- Cucumber
- Broccoli
- Peppers
- Tomatoes
- Cauliflower



Proteins

- Cheese
- Yogurt
- Eggs
- Tofu
- Seafood
- Seeds
- Nuts
- Hummus



Durham Health Connection Line
905-668-2020 or 1-800-841-2729
durham.ca/oralhealth
Dial 311 (within regional limits)



Healthy Mouth
Healthy YOU



If you require this information in an accessible format, contact 1-866-853-1326.