

# Tooth Friendly Lunches and Snacks

Tooth friendly often means low GI. Choose foods that are quickly cleared from the mouth and are not sticky. Often, raw and unprocessed is healthier as these foods will contain vitamins and enzymes which are destroyed by processing.

## Sandwiches

If possible, breads and biscuits made from white flour should be avoided, as they provide little in the way of nutrition and provide only short term energy.

Instead, wholegrain and stoneground wholemeal breads and biscuits are a better choice:

Grainy bread, Wholegrain Ryvita, Vitawheat, wholemeal pocket/pita bread, rye bread, wholemeal Lebanese bread, Mountain bread

Children need fat in their diets for normal growth and brain development, so should not be on a low fat diet. However, it is vital to avoid processed trans fats, which are found in margarines and vegetable oils. Extra virgin olive oil is safe and healthy as it is a fruit oil.

Instead of margarine, use butter or avocado as a spread when making sandwiches.

Make sure your child is getting enough protein. Often children with a "sweet tooth" are not getting enough healthy fat and protein in their diets.

### Fillings

- Chicken or turkey with avocado and lettuce
- Grated cheese with tomato or celery or carrot or salad
- Left over roast meat with mild mustard and tomato or salad
- Left over rissoles and tomato or salad
- Ham and cheese and/or fruit chutney or salad
- Peanut butter (only if allowed to have nuts by your child's school)
- Baked beans and cheese
- Sardines, tuna or salmon and ricotta or cottage cheese
- Egg and lettuce
- Tuna or salmon

## Leftovers for next day's lunch

Home made pizza

Quiche

Frittata

Noodles or pasta with tuna or chicken

Rissoles

Sushi

## Snacks

Fresh fruit

Vegetable sticks eg celery, carrots, snow peas, green beans

Cherry or grape tomatoes,

Yoghurt sweetened with fruit, no added sugar

Cheese (very tooth friendly)

Wholegrain crackers eg Wholegrain Vitawheat, Ryvita.

Nuts (if allowed)

## Avoid

- Try to avoid biscuits made with white flour eg Shapes, Saos, Jatz, and rice crackers or cakes. These are highly processed and have little nutritional value, in addition are bad for teeth.
- Dried fruit, fruit in processed tubs
- Commercially made sweet biscuits, cakes, sweet muffins, lamingtons (often high in trans fats as well as sugar)
- Muesli bars, fruit sticks, fruit bars, KTime Twists, Nutrigrain bars, LCMs etc.
- Chips
- Most processed foods are high in sugar and unhealthy trans fats.
- Sweet drinks eg juice, cordial, softdrink, sports drinks, flavoured milk, flavoured sipping straws. These are fine for parties but not suitable as an "everyday drink". Children need to get into the habit of drinking plain water.
- Diet drinks contain artificial sweeteners which may be harmful to health and are also highly acidic.

**Children need to drink WATER.** Pure water is essential to metabolism for transport of nutrients and removal of toxins. Dehydration will cause stress on your child's body.

Freeze a bottle of **water** to pack in your child's lunch box to keep food cool.

Unless juice is drunk within 15 mins of freshly making, vitamins and enzymes will break down, making the juice just another sugar filled drink.

The extra sugar in sweetened drinks contributes to weight problems, risk of diabetes as well as tooth decay.