

Sugar causes Tooth Decay
think before you choose



Green Light
GO FOR IT!

Water
Milk
Marmite
Breadrolls
Savoury muffins
Toast
Unsweetened dry cereals
Eggs
Wheat and pita breads
Yogurt
Cottage cheese dips
Cheese spreads
Lean meats
Bread
Cheese
Vege sticks
Fruit
Plain crackers
Plain pop corn (over 2yrs age)



Red Light
STOP!

Save for special occasions
Fruit juice
Dried fruit/Raisins
Sultanas
Chupa chups
Packet drink
Jam
Honey
Fizzy/Soft drinks
Sports drinks
Energy drinks
Flavoured/Carbonated water
Muesli Bars
Rollups
Fruit leathers
Biscuits
Milo
Lollies
Ice blocks/Frozen fruit juice

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