



# LET THE **MOUTH MONSTERS** HELP YOU **SORT YOUR TREATS!**

Use this grid to help categorize which treats are favorites of the Mouth Monsters and which are better for your pearly whites!

## TREATS TO AVOID

The chewy, sticky candies get stuck in the grooves and crevices of the teeth making it hard for saliva to wash them away which leads to tooth decay. Sour candies have a high acidity content which breaks down tooth enamel, making teeth susceptible to a Mouth Monster invasion.

**GUMMIES**  
**CARAMEL**  
**SOUR CANDY**  
**BUBBLE GUM**



## BETTER TREAT CHOICES

Better choices include milk chocolate and snack-size packets of pretzels or crackers. These options are less sticky and do not have high acidity, therefore are less harmful to teeth than gummies, caramels or sour candies. However, it's important to limit snacking overall because a child's dental health depends less on what they eat and more on how often they eat it.

**MILK CHOCOLATE**  
**PRETZLES**  
**CRACKERS**



## BEST TREAT CHOICES

Dark chocolate contains antioxidants that can inhibit bacteria from sticking to the teeth, preventing infections in gums and battling tooth decay. Sugar-free gum promotes the growth of tooth-protective, non-acidic bacteria which can make it nearly impossible for bacteria and plaque to form.

**DARK CHOCOLATE**  
**SUGAR-FREE GUM**



**For more tips and tools to help keep little teeth  
monster-free all year, visit [mychildrensteeth.org](http://mychildrensteeth.org)!**



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