

A smile-smart lunchbox challenge



Not sure what to pack for a teeth-friendly lunch? Use this quick checklist as a guide, and aim to have one from each category every time.

- **Dairy with no added sugars:** Pasteurized yogurt or cheese.
- **Protein:** Beans, lentils, chicken, deboned fish, turkey, etc.
- **Whole grain:** Whole grain bread, crackers, or pasta.
- **Fruit:** Banana, apple, orange, pear, melon, etc.
- **Vegetable:** Cooked spinach, carrot, corn, peas, sweet potato, etc.

Extra tip: Choose water over a sugar-sweetened beverage. Lemonade, sports drinks, iced tea, and soda are tough on your teeth. If you choose one of these, use a straw and rinse with water.

