



KidCare

LIBERTY cares about more than just teeth!

LIBERTY Dental Plan help sheet: Snack Tips



Be sure that your child can chew and swallow nuts and skins of fruit before offering snacks of this type

Spoon-a-Snack



- applesauce
- cottage cheese
- yogurt
- egg salad
- tuna salad
- carrot and raisin salad



Crunch-a-Snack

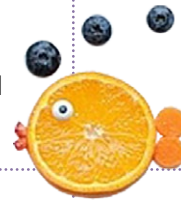


- cauliflower
- pepper strips
- radishes
- bean sprouts
- unsalted sunflower seeds
- unsalted toasted pumpkin seeds
- roasted soy beans
- whole wheat crackers
- unsweetened cereal



Munch-a-Snack

- apples
- peaches
- plums
- grapes
- strawberries
- pears
- apricots
- cherries
- oranges



Bake-a-Snack



- vegetable or cheese pizza
- fruit muffin
- baked apple
- tortilla and cheese

Create-a-Snack

- fruit and cheese kabobs
- peanut butter rolled in lettuce leaves
- celery stuffed with cream cheese
- cucumber or zucchini rings with cottage cheese dip
- deviled eggs
- banana chunks rolled in wheat germ
- tuna on rye crisp
- refried beans on wheat tortillas



Slice-a-Snack

- mushroom
- carrot
- pineapple
- melon
- cheese
- cucumber
- banana
- watermelon
- tomato



Be creative and design your own fun snacks!



Drink-a-Snack

- milk
- tomato juice
- water
- unsweetened fruit juice