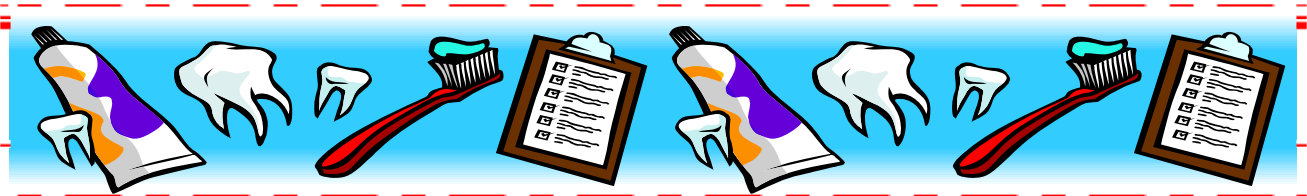


# Snacking Guide

	<b>Eat <u>More</u> of These</b>	<b>Eat <u>Less</u> of These</b>
<b>Dairy Group</b>	Milk,cheese,yogurt,cottage cheese,cream cheese.	Chocolate milk,ice cream, shakes,pudding,cocoa,sherbet.
<b>Fruit &amp; Vegetable Group</b>	All fresh fruits and vegetables,apples,oranges, peaches,grapes,bananas, watermelon,cantaloupe.	Fruit Juices,Raisins,dried fruits,fruit roll-ups,sweetened canned fruit and vegetable juices,powdered drinks,jelly, Gatorade,Hi-C,Koolaid and Sunny Delight.
<b>Bread &amp; Cereal Group</b>	Popcorn,crackers,pretzels, potato chips,cheez-its.	Cookies,pies,cakes,mints, caramels,doughnuts,sweetened cereals.
<b>Meat &amp; Fish Group</b>	Peanut,eggs,peanut butter, lunchmeats.	Meats with added sugar, sugar or candy coated nuts.
<b>Other</b>	Sugarless gum, candy, sugar free lemonade (Crystal Light, etc.) and other sugar free drinks,olives, pickles tea sweetened with Splenda (rather than Sugar). Water!	Gum,candy,jello,syrups, frosting,caramels,toffee, tea with sugar, sodas (regular & diet)



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