

Lunchbox snacks answer sheet

- **Sushi** - depending on who makes it, the rice in sushi can contain sugar (try making your own to limit your sugar use). Rice also contains carbohydrates, which break down into simple sugars in the mouth and can contribute to tooth decay
- **Lollies** - contain a lot of sugar, and they get stuck on and between your teeth
- **Fresh fruit** - does contain natural sugars but also lots of nutrients and vitamins, so these are considered good for us and our teeth
- **Dried fruit** - contains a lot of sugar, and they get stuck on and between your teeth
- **Cheese** - no sugar in cheese, and your teeth love the calcium in it
- **Potato chips** - yes, they contain sugar even though they are salty. Potatoes also contain carbohydrates, which break down into simple sugars in the mouth and can contribute to tooth decay
- **Veggies** - no sugar and are great for your teeth!
- **Pita and hummus** - no sugar in these, these are a great choice
- **Juice box** - lots of sugar in these; water is a better option
- **Roll Ups** - contain a lot of sugar, and they get stuck on and between your teeth
- **Borek** - there is no sugar in this, but because it is quite oily, it's a good idea not to eat too much of this. Also, bread contains carbohydrates, which break down into simple sugars in the mouth and can contribute to tooth decay
- **Sweet biscuits** - all of these things contain a lot of sugar, and the flour in biscuits contains carbohydrates, which break down into simple sugars in the mouth and can contribute to tooth decay
- **Hard-boiled eggs** - no sugar in these; these are a great snack!
- **Muffins and cakes** - all of these things contain a lot of sugar. Also, these food items contain carbohydrates, which break down into simple sugars in the mouth and can contribute to tooth decay
- **Popcorn** - plain popcorn is fine, but sweetened popcorn contains sugar
- **Muesli bars** - although they have lots of good grains, they also contain lots of sugar
- **Samosas and kachoris** - no sugar in these but because they are deep fried they are still a 'sometimes' food
- **Flavoured yoghurt** - yes, flavoured yoghurt has sugar, so plain yoghurt is better
- **Crackers** - many crackers contain lots of sugar even though they are salty; it's a good idea to check the labels carefully. Also, the flour in these contains carbohydrates, which break down into simple sugars in the mouth and can contribute to tooth decay.

