



KidCare

LIBERTY cares about more than just teeth!

LIBERTY Dental Plan health tip: 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

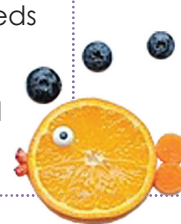


cauliflower
pepper strips
radishes
bean sprouts
unsalted sunflower seeds
unsalted toasted pumpkin seeds
roasted soy beans
whole wheat crackers
unsweetened cereal



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



Drink-a-Snack

milk
tomato juice
water
unsweetened fruit juice

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



**Be creative and
design your own
fun snacks!**

Slice-a-Snack

mushroom
carrot
pineapple
melon
cheese
cucumber
banana
watermelon
tomato



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