**Examples of tooth-friendly snacks**

* A small piece of cheese or paneer
* A few nuts which contain low sugar
* Fresh vegetables with or without hummus
* Breadsticks
* Oatcakes
* Crackers
* Boiled eggs
* Plain rice or lentil cakes
* Plain or cheese scone
* Crumpet, bagel or plain toast
* Chapati or roti without added sugar
* Plain naan bread
* Plain kefir or yogurt without added sugar
* Cottage cheese