|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Name of food/drink product:** | **Fat** | **Saturated Fat** | **Sugar** | **Salt** |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

|  |  |
| --- | --- |
| **Snack/Drink** | **Healthy Swap** |
|  |  |

* Keep going back as often as

 recommended

* Not before they are at least 7 years old
* Two minutes twice a day
* One with fluoride
* Spit don’t rinse
* Nothing – treatment is free for children up

 to the age of 18

* A mirror and a timer