

## What you pack for lunch can really pack a punch!



You probably aren't thinking about your teeth when you pack lunch for you and your family. But the truth is, many brown bags are stuffed with more sugar than the average candy bar! Compare these two lunches:

| <b>Classic Lunch:</b>    | <b>Grams of sugar</b> | <b>Makeover Lunch:</b>                 | <b>Grams of sugar</b> |
|--------------------------|-----------------------|--|-----------------------|
| PB&J sandwich            | 18g                   | PB&J sandwich (with reduced sugar jam) | 13g                   |
| Applesauce cup           | 25g                   | Natural applesauce cup                 | 12g                   |
| Mini box of raisins      | 8g                    | Baby carrots                           | 1g                    |
| Carton of chocolate milk | 25g                   | Carton of white milk                   | 13g                   |
| <b>Total:</b>            | <b>76g</b>            | <b>Total:</b>                          | <b>39g</b>            |

For more information on this and other oral health topics, visit [oralhealth.deltadental.com](http://oralhealth.deltadental.com).