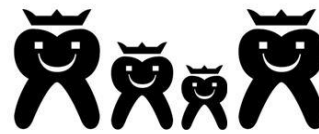


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## A USEFUL GUIDE FOR GOOD ORAL HYGIENE IN CHILDREN (AND ADULTS)

### WHICH FOODS AND DRINKS ARE BAD FOR YOUR TEETH?

Foods that are acidic, sticky or sweet damage teeth. Snack foods to avoid include:



-  Fruit Juice/Cordial
-  Flavoured Milk (Milo, Quik, Big M)
-  Sports & Energy Drinks
-  Sweetened Cereals (Coco-Pops, Nutri-Grain)
-  Dried Fruit Bars (Rollups, Muesli Bars)
-  Jam/Honey/Sweet spreads
-  Sweet/Chocolate Biscuits
-  Lollies (Including Natural Jellies)
-  Soft Drinks (including sugar free)
-  Dried Fruit (sultanas, apricots, apple etc)
-  Cakes










It is recommended that these food are eaten at one time and not used for snacking between meals.

Although nutritionally beneficial, fruit is particularly bad for teeth as it is both acidic and sugary. Teeth are particularly vulnerable immediately after eating fruit and it is recommended to rinse the mouth with water or milk to neutralize acid.

### WHICH FOODS AND DRINKS ARE GOOD FOR YOUR TEETH?

The best snack food choices for a healthy mouth include:

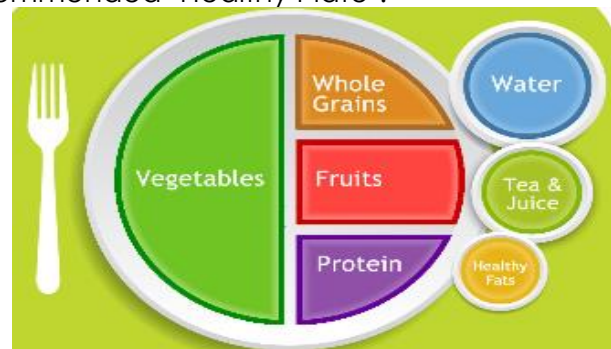


-  Dry Biscuits/Plain rice cakes
-  Popcorn
-  Nuts and seeds
-  Sushi
-  Vegetable sticks
-  Dips i.e. Tzatziki or Hummus
-  Sliced ham, cheese, chicken or turkey



These foods are thought to protect tooth enamel by providing the calcium and phosphorus needed to remineralize teeth (a natural process by which minerals are redeposited in tooth enamel after being removed by acids).

Children need a healthy balanced diet, below is a recommended 'Healthy Plate'.



## HOW OFTEN SHOULD CHILDREN BRUSH THEIR TEETH?

Brushing should be done twice daily, after breakfast and before going to bed (flossing should also be encouraged from an early age). After bedtime brushing, only water should be consumed. Until the age of seven, children should be supervised while cleaning their teeth.

### HELPFUL HINTS FOR ORAL HYGIENE:

- ⚠ Do grocery shopping without children and buy savoury rather than sweet.
- ⚠ The best cereals are Weet-bix and Vita Brits, according to the Australian Institute of Sport. The cereals which cause most damage to the teeth are Coco Pops and Nutri-grain.
- ⚠ At parties, children should eat sweets all at once rather than spreading them out over a long period of time. If unable to brush immediately, chewing sugar free gum for ten minutes is a good alternative. Chewing Gum stimulates saliva flow which neutralizes acid and washes out the mouth.
- ⚠ Sweet sugary drinks are less damaging if drunk through a straw. This keeps the drink off the teeth. Drinking all at once is much better than over a long period of time.

Foods which are not recommended should be used as treats food rather than part of an everyday diet. Plain chocolate, icy-poles or an ice-cream are recommended treats as they moves through the mouth quickly. Lollies and sweets that are sticky such as jellies and toffees are not recommended as they stay on the teeth for prolonged periods.

**IT IS THE NUMBER OF TIMES THAT TEETH ARE EXPOSED TO SWEET, STICKY AND ACIDIC THINGS THAT DAMAGE TEETH, NOT THE AMOUNT CONSUMED.**

### HOW MUCH SUGAR IS REALLY IN FOOD?

Below is a list of common food and drink and the number of teaspoons of sugar that are in it.

