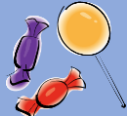


Sugar Swaps For Healthier Teeth


What causes Tooth Decay?

Sugary food and drinks are one of the main **causes** of **tooth decay**. Acid is produced when the bacteria in your mouth breaks down the **sugar**. The acid dissolves the **tooth** surface, which is the first stage of **tooth decay**.



Top Tip

Swap sugary food and drinks for no added sugar alternatives.



You might be surprised to see how much added sugar is in your food and drink!

1. Saliva is a powerful natural defence against tooth decay. Avoiding sugary snacks between meals allows saliva to work to reduce acid levels.

2. Sugar that is bad for our health is called **free sugar**. These can be naturally found in honey, syrups and fruit juices.

3. It is better to swap sugary drinks to water, milk or no added sugar drinks.

4. Even unsweetened juices and smoothies contain sugars and acids.

5. By Checking colour- coded labels you can see how much sugar is in your food.

6. Something that looks like a healthy meal can have a lot of sugar added.

7. Read the ingredients on the back of the packet. If sugar is near the top of the list, it's one of the main ingredients.

8. Saliva flow lessens when sleeping so avoid sugary food and drinks before bed.