

Diet advice for healthy teeth



Tips to reduce your sugar intake

- ❖ Drinks can have a big part to play in dental decay – plain water and milk are safe for the teeth and can be drunk between meals. If you want to give fruit juices etc. please try to have them with meal times only
- ❖ Flavoured water, diet soft drinks and sugar-free squash may not have sugar but they are often acid. If drunk frequently, acidic drinks can directly remove enamel from teeth, wearing away the tooth until it can become sensitive.
- ❖ Avoid eating or drinking the hour before bed as you will have lower levels of saliva which would otherwise protect your teeth. **ONLY** plain water is suitable overnight
- ❖ Dried fruit and cereal bars may seem like healthy alternatives but are often high in (natural or added) sugars and stick in the grooves of the teeth, so we advise you keep them to meals too
- ❖ ‘No added sugar’ products may still contain high sugar levels – e.g. food with honey and dried fruits
- ❖ ‘Sugar’ has many disguises on labels; look for ‘ose’ on the end of ingredients (eg sucrose) and for syrups (eg high fructose corn syrup)
- ❖ Request for sugar-free medicine where possible



Tips for healthy teeth

Every child will have different eating preferences, so you will need to plan food accordingly, but as general rules for keeping teeth happy, here are some suggestions to encourage your child to have a good relationship with healthy foods.

- ❖ Aim for balanced and filling meals to reduce snacking when possible. When eating between meals, choose snacks with low levels of sugar. Check food labels for the amount of sugar per 100g and you may be surprised!
- ❖ Avoid using sweet treats as rewards or to settle children as these easily become habitual and are often eaten between meals
- ❖ Try to involve children when preparing and cooking food. Choose simple recipes which incorporate fresh vegetables and wholegrain where possible
- ❖ Introduce new foods to picky eaters in very small amounts. You could even turn it into a challenge; try using a sticker chart to record every day they try a small amount of a new food and after 2-3 weeks they get to pick a reward (non-food related). Slowly increase the amount of the food they are trying as the weeks go on. Why not do it yourself to get the whole family involved?

