

# HEALTHY DIET... HEALTHY TEETH!

## **Keep your mouth healthy and keep on smiling!**

Brushing your teeth twice a day (last thing at night before you go to bed and on 1 other occasion) with fluoride toothpaste helps to keep your teeth healthy and more important than ever when routine visits to the dentist are currently not an option

Did you know that as well as daily brushing being vital to maintaining good oral health, what you eat and drink also has an impact on the overall health of your teeth, as do lifestyle choices such as smoking?

## **When it comes to your teeth, a healthy diet matters!**

What you eat and drink can cause tooth decay, so a healthy diet is important for your teeth. A balanced diet includes plenty of fruit and vegetables, as well as starchy foods such as bread, rice, potatoes and pasta. Remember to choose wholegrain versions and eat potatoes with their skins still on whenever possible. You should also eat sources of protein such as meat, fish, eggs, beans, dairy or non-dairy sources of protein. It is also important to only eat small amounts of products high in fat and sugar.

## **Cut down on sugar and help prevent tooth decay**

Limiting the amount of sugar you eat and drink is important to prevent tooth decay and most of the sugars we eat and drink are in food and drinks listed below:

- sweets, chocolate, cakes and biscuits
- soft drinks, fizzy drinks, sweetened milky drinks and alcohol
- fruit juice, including unsweetened fresh fruit juice and smoothies
- buns, pastries and fruit pies
- sponge puddings and other puddings
- sugar added to food or drinks, such as tea
- sugary breakfast cereals
- jams, marmalades, honey and syrups
- ice cream and sorbets
- dried fruit or fruit in syrup
- syrups and sweet sauces

## **Did you know that even fruit juice and smoothie are packed with sugar!**

Sugars occur naturally in foods such as fruit and milk, but we don't need to cut down on these types of sugars. But when fruit is juiced or blended, as in smoothies, the sugars are released from the structure of the fruit. Once released, these sugars can damage your teeth, so it's best to drink fruit juice or smoothies at mealtimes. We advise you to limit your intake to 1 small glass of fruit juice or smoothie (approx 150ml).