

Oral Health Improvement

Healthy snack and drink guide



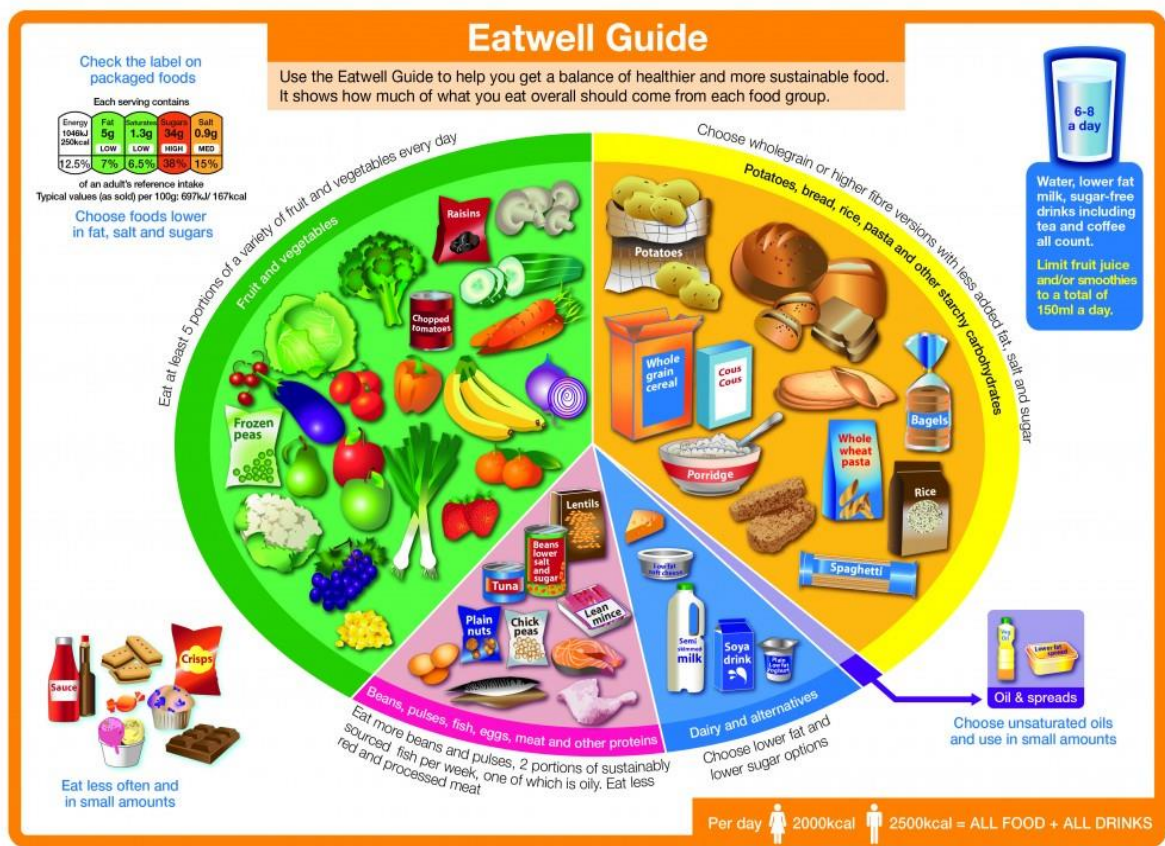
Why should I choose healthy sugar free snacks?

Sugar will cause tooth decay if eaten often during the day. It is therefore important to keep sugary foods and drinks to mealtimes only.

It is also important for your general health and wellbeing that you limit the amount of food and drink containing sugar. Make sure that any snacks you eat are sugar free.

Choose fresh fruits, fresh vegetables, cheese, toast, plain rice cakes, plain water and plain milk, as they make great snacks and drinks.

The Eatwell Guide can help you to get the balance right.



What about dried fruits and fruit drinks?

Dried fruits are fine if eaten after a main meal. They are a better option to sweets, but are still very sticky, sugary and can harm teeth if eaten as a snack.

Fresh fruit juices and fruit smoothies are very acidic and can wear away tooth enamel. It is therefore best not to drink them too often, just once a day, as part of a meal.

Although dried fruits, fruit smoothies and fresh fruit juice count towards your five a day, they can still harm your teeth, so try to keep them to mealtimes.

What about sweets, chocolate, cakes and biscuits?

They can harm teeth as they can be very high in sugar, so try to eat these kind of snacks after a meal.

What about drinks?

Fizzy drinks, milkshakes, squash, energy drinks, flavoured waters and herbal teas can harm teeth as they are all very high in sugar. Choose milk and plain water for in-between meals.

What about hidden sugars?

Look at food labels and watch out for hidden sugars, such as:

- Corn sugar
- Dextrose
- Fructose
- Glucose
- High-fructose glucose syrup
- Honey
- Maple syrup
- Agave syrup
- Invert sugar
- Isoglucose
- Levulose
- Maltose
- Molasses
- Sucrose.

Remember, always read the label.

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