



Diet Advice

The best way to look after your teeth is to reduce the **number of times** you eat sugary food throughout the day. One packet of sweets eaten all at once isn't as bad for your teeth as eating the packet slowly over the course of the day. Therefore, we recommend that sugary food should only be eaten at meal times.

Most sugars in the diet are in processed foods and drinks:

- sugar & chocolate confectionary
- cakes, biscuits, buns, fruit pies, pastries
- puddings, fruit yoghurts, ice cream
- sugared breakfast cereals
- fresh fruit juice and smoothies
- any fizzy drinks
- sugared milk drinks, milkshakes, cocoa
- sugar containing alcoholic drinks
- dried fruits e.g. raisins, apricots
- syrups and sauces

Watch out for hidden sugars found in foods for example:

- ketchup
- mayonnaise
- flavoured crisps
- baked beans

Look at the ingredients list on foods, anything ending in -OSE means sugar. e.g. maltose, glucose, sucrose, fructose etc.

Fizzy drinks, fruit squashes (including those that say 'no added sugar'), fruit juice and smoothies will all cause decay and acid erosion. Only have these drinks with a meal.

Drink water or tea/coffee without sugar in between meals.

Fresh fruit should be eaten at meal times ideally. Some fruits such as bananas cause a lot of decay and citrus fruits can cause decay and acid erosion of the teeth.

Top Tips

- Don't snack in between meals.
- If you have to snack the best foods are savoury such as: raw carrots, cucumber, celery and peppers, chunk of cheese, plain cheese biscuit such as oat cakes, bread sticks, rice cakes, plain crisps, pitta bread.
- Drink plain tap water or tea/coffee without sugar in between meals.
- Don't eat sugary foods within an hour of bedtime.
- Chewing sugar free gum after eating may help to increase the salivary flow which helps the teeth to repair themselves.