

# Safe Foods for Teeth Explanation

## Why are Healthy Teeth Important?



Good Oral Health is an essential part of General Health & Well-being.

It enables children to:

- Eat
- Speak
- Socialise

without active disease, discomfort or embarrassment

## How does Sugar and Acid affect Teeth?

### Sugar



### Plaque + Sugar = Acid

- Dental decay is when the enamel of teeth become softened by acid (produced by plaque bacteria and sugar) and enter the dentine causing a cavity (hole)
- Decay damages teeth, leading to fillings or extraction
- Acid attack lasts for up to 1 hour after eating/drinking, before natural salts in your saliva cause the enamel to 're-mineralise' and harden again



## Acid



- Acid erosion is the loss of tooth enamel caused by acid attack
- Enamel is the hard protective coating that covers the sensitive dentine underneath (the yellowy part of the tooth on the photo)
- When the enamel is worn away, dentine is exposed causing pain and sensitivity.
- When you eat foods or drink liquids that are acidic, the enamel is softened for a short while and loses some mineral content
- Saliva slowly neutralises acidity in mouths, restoring the natural balance (pH 6-7) and allowing enamel to 're-mineralise' and harden; if acid attacks happen too often the mouth cannot repair itself causing tiny particles of enamel to be brushed away, and over time the surface of your teeth is lost.

## What do you need to look for?

**All drinks and foods display their ingredients, most display nutritional information.**

| NUTRITION INFORMATION PER 100G |                 |
|--------------------------------|-----------------|
| Energy                         | 206 kJ/48 kcal  |
| Protein                        | 3.2 g           |
| Carbohydrate                   | 8.7 g           |
| of which sugars                | 8.7 g           |
| Fat                            | 0.1 g           |
| of which saturates             | 0.1 g           |
| Fibre                          | Nil             |
| Sodium                         | 0.05 g          |
| Calcium                        | 120mg (15% RDA) |

### Sugar:

- Some products will state how much sugar they contain per 100ml or 100g.
- The label may only state the amount of carbohydrate: this will mainly be sugar.
- Remember to multiply the amount to reach the full quantity of sugar in the product, e.g. 8.7g per 100ml x 5 = 43.5g of sugar for a 500ml drink

| NUTRITION INFORMATION TYPICAL VALUES PER 100ml |                 |                     |    |
|------------------------------------------------|-----------------|---------------------|----|
| ENERGY:                                        | 180 kJ, 42 kcal | FAT:                | 0g |
| PROTEIN:                                       | 0g              | OF WHICH SATURATES: | 0g |
| CARBOHYDRATE:                                  | 10.6g           | FIBRE:              | 0g |
| OF WHICH SUGARS:                               | 10.6g           | SODIUM:             | 0g |

210 CALORIES (kcal) PER 500ml PACK

GUIDELINE DAILY AMOUNTS FOR AVERAGE ADULTS EACH DAY

|                 | WOMEN | MEN  |
|-----------------|-------|------|
| CALORIES (kcal) | 2000  | 2500 |

BEST BEFORE END - SEE SIDE OF CAP OR BOTTLE NECK FOR DATE

STORE IN A COOL DRY PLACE

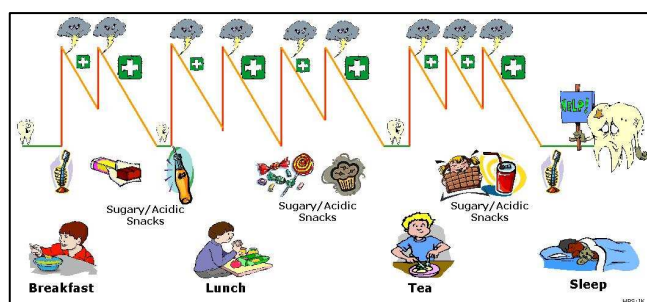
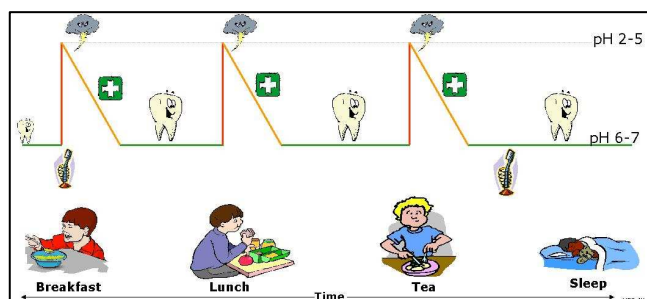
BOTTLED UNDER AUTHORITY OF THE COCA-COLA COMPANY

### Acid:

- Many fizzy drinks and no added sugar drinks contain acids
- Common acids are citric, phosphoric and malic acid.
- These acids will affect the pH in the mouth, and can be measured using a pH meter

## Why should we protect our teeth between meals?

The mouth can cope with 4 attacks a day, as this allows the saliva time to help re-mineralise the teeth. Depending on the food and the mouth remineralisation can take between 20 minutes to 1 hour.



If we snack on sugary or acidic food and/or drink between meals, the teeth are under constant attack, with little time to recover and remineralise.

## What are safe foods and drinks for teeth?

- Plain water
- Milk (which also contain calcium promoting strong bones and teeth)
- Cheese (which also contain calcium promoting strong bones and teeth)
- Bread
- Fresh fruit or veg (these do contain natural sugars but only within the cell walls, and therefore the majority of the sugars are released in the stomach)
- Nuts & seeds (be careful of salted products and the risk of allergies within school)

## Foods and Drinks best to be consumed at mealtimes (if eaten between meals they will increase the risk of tooth decay)

- 100% fruit juice
- Cakes & biscuits
- Chocolate & sweets
- Fizzy drinks
- Low sugar, no added sugar, flavoured or juice drinks (hidden acids)