



STRONG TEETH MAKE STRONG KIDS

# HEALTHY EATING

CAN HELP PROTECT TEETH

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UNIVERSITY OF LEEDS



# AVOIDING SUGARY FOODS AND DRINKS ISN'T ALWAYS EASY

## WATCH OUT FOR FOODS WITH HIDDEN SUGAR

 <b>Tooth-friendly foods</b>	 <b>Foods that are damaging for teeth</b>
<ul style="list-style-type: none"><li>✓ Water</li><li>✓ Milk</li><li>✓ Fresh fruit</li><li>✓ Vegetables</li><li>✓ Low-fat cheese</li><li>✓ Breadsticks</li><li>✓ Low-fat savoury crackers</li><li>✓ Plain unsweetened yoghurt</li></ul>	<ul style="list-style-type: none"><li>✗ Sweets and chocolate</li><li>✗ Dried fruit (e.g. raisins)</li><li>✗ Biscuits and cake</li><li>✗ Ice cream</li><li>✗ Sugary cereal and cereal bars</li><li>✗ Fizzy drinks</li><li>✗ Fruit juice and squash</li><li>✗ Sweetened yoghurt</li><li>✗ Squeezable food pouches</li><li>✗ Jams, preserves, honey</li><li>✗ Smoothies</li><li>✗ Syrups and sweet sauces</li></ul>

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### **SOME FOODS AND DRINKS CONTAIN NATURAL SUGARS**

that can still harm teeth. Limit these to meal times and avoid them before bedtime.

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# MILK AND WATER ARE THE ONLY SAFE DRINKS

**PUBLIC HEALTH GUIDANCE** says fizzy drinks, soft drinks, juice drinks, and squashes sweetened with sugar have no place in a child's daily diet.

Doctors, dental professionals, and public health officials recommend only milk and water for children.

## Growing from baby to child? *How they drink matters.*



### From 6 months

Encourage your baby to use a free-flow cup—a cup from which liquid pours once it's turned upside down.



### From 12 months

Try to stop bottle feeding completely. Ask your health visitor or pharmacist for tips on how to do this.



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## **AVOID SUGARY DRINKS FROM THE BEGINNING**

Once babies taste sweetened drinks they may not want to drink safer options like water or milk. Ask your health visitor for advice on how to wean your child off such drinks if they are already past this stage.

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# SET A FOOD SCHEDULE TO KEEP TEETH HEALTHY



**3** MEALS. **2** HEALTHY SNACKS.  
WATER AND MILK IN BETWEEN.

- **Teeth need time to recover between eating.** Don't graze. In between meals, stick to water and milk
- **“Unhealthy food” days are a reality.** Don't worry! Just try to limit these days and start again the next day choosing healthier foods
- **Still want a sugary snack?** Try to keep these to a minimum and preferably at the end of a meal
- **Avoid sugary foods and drinks for at least an hour before bedtime.** Make sure you brush their teeth before bed

TIPS JUST FOR \_\_\_\_\_:

**Swap sugary foods and drinks for healthier options.**

Today I will swap \_\_\_\_\_ for \_\_\_\_\_.

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**ORAL-B HAS TIPS TO SUPPORT A HEALTHY DIET.**

Visit [oralb.co.uk/StrongTeeth](http://oralb.co.uk/StrongTeeth) to learn more.

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