

A B C



**Smart Drinks**  
*for*  
**Smart Kids**



## Follow the Traffic Light Checklist when choosing drinks

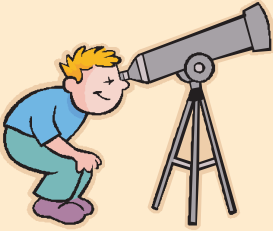
 Anytime Drinks	 Drinks to have <u>with</u> Meals	 Drinks <u>not</u> to be taken too often
Milk	Unsweetened Pure Fruit Juices	Fruit Flavoured Drinks
Water	"Tooth Kind" Drinks	Fizzy Drinks (Regular & Diet)
	Flavoured Milk Drinks	Stimulant Drinks
	Smoothies	Regular Dilutable Squashes
	Yoghurt Drinks	Fizzy/Flavoured Waters
	"No Added Sugar" Dilutable Squashes	Sports Drinks

### Did You Know!

- ☺ There is a big difference between fruit 'Juices' and fruit 'Drinks'.
- ☺ Fruit 'Drinks' contain a fruit flavour only and lots of added sugar.
- ☺ Pure fruit 'Juices' have lots of healthy fruit juice and no added sugar.



## Watch out for other names for Sugar



Sucrose  
Glucose  
Fructose  
Maltose  
Dextrose  
Molasses  
Invert sugar  
Glucose syrups  
Treacle



Check food labels and see what you can spot.

- ★ Products labelled, as being 'low in sugar' may only be low in sucrose sugar and high in other sugars.
- ★ Some products saying 'no added sugar' may contain fruit sugars instead of sucrose and can still be harmful.

**Remember!**

**Milk** and **water** are the best drinks for your teeth



## Be Sugar Smart

- ✓ Too much sugar can rot your teeth, because the bacteria that live in your mouth use this sugar to make an **acid**.



- ✓ This **acid** breaks down your teeth and can lead to tooth decay.

- ✓ It's not the amount of sugar in food or drink that causes damage to teeth, it's



the **number** of **times** you have sugar.

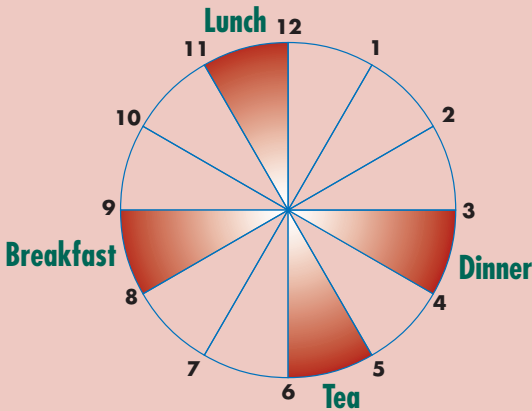
How many spoonfuls of sugar do drinks have in them?



Drink	Teaspoons of sugar
Can of Fizzy Drink	7
Glass of Diluted Drink	2
Yoghurt Drink	2
Sports Drink	13
Fruit Flavoured Drink	5
Water	0
Milkshakes	1 <sup>3</sup> / <sub>4</sub>
Cup of Drinking Chocolate	3

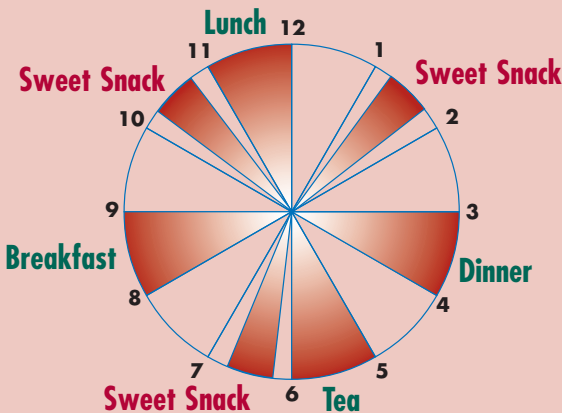
# The Sugar Clock

- 🕒 Every time you eat or drink something sweet you have a **Red Half Hour**.
- 🕒 During this **Red Half Hour** your teeth are being attacked by acid.
- 🕒 The more **Red Half Hours**, the more damaging it is to your teeth.
- 🕒 This means you should only eat and drink sugary foods at mealtimes.



Healthy Teeth

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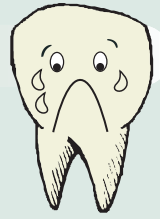


Unhealthy Teeth

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# Tooth Erosion



## Q. What is tooth erosion?

- A.** It is the loss of the tooth enamel by acids found in food and drinks, even some which are healthy. Eating and drinking lots of acidic foods and drinks will make the surface of the teeth softer and over time this will be lost. Once the hard surface has been worn away, it cannot be replaced. Signs of erosion are sensitivity and teeth can appear slightly see through.

## Q. What are these foods and drinks?

- A.** Fizzy drinks, fruit juices, citrus fruits, fizzy waters and flavoured fizzy waters.



## Q. How can it be prevented?

- A.** Choose tooth-friendly drinks such as milk or water. Keep acidic foods and drinks to mealtimes.



# Fun puzzle



Can you spot (8) differences

# The **A B C** of Healthy Drinks

**A** Always choose drinks that are healthy for you such as milk and water.

**B** Be wise. Drink plenty of water to help you work and play well.

**C** Choose extra fluids when you exercise and when it's hot.



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

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