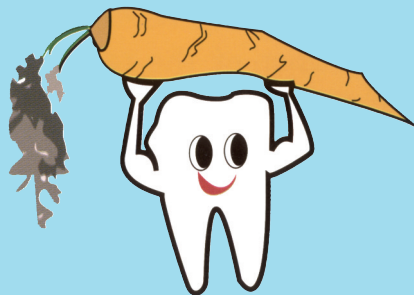


Healthy Eating

Healthy
Smile



Tooth Friendly Eating

Sugar

- **Milk** and **water** are tooth-friendly. These are the best drinks for children and should be given during and between meals.



- Cut down on how often children eat **sugary foods** and **drinks**.



- Sugar + Bacteria = **Acid**. Acid dissolves the enamel of teeth.
- The trick is to reduce the number of **acid attacks**. Remember every time sugar goes into your child's mouth it can cause an acid attack.

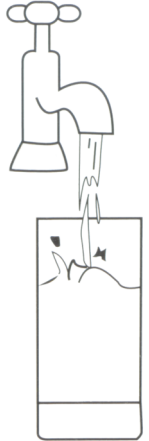
- **Fizzy** and **diet drinks** are not tooth-friendly because they put teeth at risk of decay and can also cause erosion of the teeth. This is due to their acidic content.



- Try to keep **unsweetened fruit juice** for mealtimes.

Drinks

Always include a drink with lunch but remember to choose a tooth-friendly drink. Water and milk are the best choice.



Unsweetened fruit juice is a good choice with lunch.
Sugar-free squashes can also be used with meals.

Vary the drink by offering soup, yoghurt drinks or homemade milk shakes.

Remember!

Look at the labels when buying drinks to make sure you are making a tooth-friendly choice.

Tooth Erosion

Q. What is tooth erosion?

A. It is the loss of the tooth enamel by acids. It is caused by eating or drinking lots of acidic foods and drinks which will make the surface of the teeth softer and over time this will be lost.

Q. What are these foods & drinks?

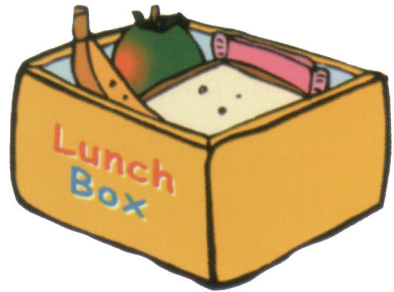
A. Fizzy drinks, fruit juices, citrus fruits & flavoured fizzy waters.

Q. How can it be prevented?

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

Healthy Eating The Pyramid Way

Healthy eating can be fun. Remember, a good lunch can go a long way to keeping your children healthy.



A healthy lunch should include foods from the four main shelves of the food pyramid. Make lunchtime more fun by trying some of the ideas mentioned below.



Breads and Cereals shelf

These foods help provide us with energy.

To make sandwiches more fun - cut them in different shapes and mix brown bread and white bread. Don't forget rolls, crispbreads, french sticks, crackers, pitta bread or scones to give variety. Sandwich fillings can come from different shelves of the food pyramid.

Fruit and Vegetable shelf

The foods from this shelf provide us with vitamins, minerals and fibre. Try to use something from this shelf in a sandwich such as banana, or salad with tomatoes, peppers, carrot and celery sticks. On cold days, why not try a flask of soup? Remember to include a piece of fruit. Fruit such as mandarin oranges and bananas are easy for children to peel.

Milk, Cheese and Yoghurt shelf

A cheese sandwich or cheese and crackers, yoghurt or yoghurt drinks or homemade milk shakes can help provide important calcium for healthy bones and teeth. Desserts like rice pudding and custard can also be a source of milk.

Meat, Chicken, Fish and Egg shelf

These foods are important for growth and for iron. Choose from ham, tuna, salmon, sardines, chicken, turkey and eggs.

Top shelf

Foods from the top shelf like chocolate, sweets and bars should not be offered as a substitute for other foods and should only be used as an occasional treat. Remember these are the foods that can cause tooth decay.

Food Labels

Did you know!

- Harmful sugars hidden in foods and drinks are not easy to identify. If you look at ingredient labels you might be surprised that products saying '**no artificial additives**', '**low fat**' or '**healthy**' may contain a large amount of added sugar.
- Watch out for other names for sugar:
 - sucrose
 - glucose
 - corn syrup
 - fructose
 - maltose
 - dextrose
 - fruit sugar
- 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.





See how much
sugar some
foods contain

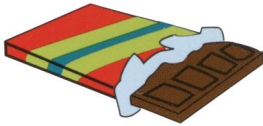
No. of Teaspoons
of Sugar

1 can of Cola drink

8

2 oz bar of Chocolate

6



1 tube mints

$7\frac{1}{2}$

1 tube of fruit pastilles

7

1 tablespoon jam

4

1 glass Orange Squash

$2\frac{1}{2}$



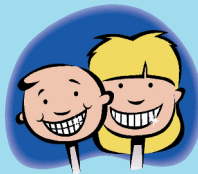
Remember



- ☺ Use the food pyramid as a guide to healthy eating.
- ☺ Keep sugary foods and drinks as occasional treats.
- ☺ Milk and water are tooth-friendly drinks.
- ☺ Look at the labels when buying food and drinks.



Healthy Teeth are Happy Teeth



Developed by the Oral Health Promotion Team,
LHO Dublin North

Extracts of this leaflet reproduced
from the *Mighty Mouth Infant Curriculum*
which was developed by the Dental Health Foundation of Ireland
in collaboration with Dental Services, HSE.



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive