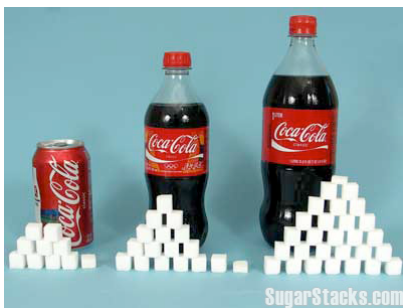


Keep Your Smile Sweet – Spot Hidden Sugar

Every sugary snack causes an acid attack on your teeth for up to an hour after you eat, leading to decay. So it's how often not how much that matters to your teeth.

Reduce decay by having any sugary snacks at the same time as a meal instead of in between.

See how much sugar is hidden in foods, snacks and drinks.



But you can still eat fruit and vegetables between meals.

Even though fruit tastes sweet, the sugar is locked inside the fruit's cells so it's fine for your teeth. And fruit is great for your health too. Be aware of fruit juices and smoothies though.

Fluoride containing toothpastes help reverse damage from decay. They work best if you do not rinse your mouth out after brushing your teeth, only spit out the excess to avoid swallowing it.

Always ask us if you'd like more information 😊

