

# SO WHAT IS SUGAR, AND WHY IS IT SO BAD?

There are several forms of sugar, including 'table sugar' (sucrose), fructose (found in fruit), and lactose (found in milk).



Sugars are classified as 'free' or 'intrinsic'. Intrinsic sugars are naturally occurring sugars present in dairy products such as milk and yoghurt, as well as fresh, cooked, or dried fruits and vegetables.



Free sugars comprise all added sugars in foods and beverages, as well as sugars found in honey, syrups, fruit juices and smoothies. Free sugars are the ones we need to limit.

# TIPS FOR BETTER ORAL HEALTH

- Limit sugary foods & drinks
- Swap sugary snacks for tooth friendly ones like cheese and crunchy veg sticks.
- Brush twice a day
- (for 2 minutes)
- Take regular trips to the dentist (every 6 months)



# READY TO BECOME A SUGAR SMART KID?

Which swap would you find the easiest to do? Cutting back on fizzy drinks? Or ditching the biscuits for cheese nibbles? Whichever you choose, small consistent changes will see you teeth outshine the rest!

Download NHS food scanner app for help with sugar content



Scan for nutrition fair educational resources



# SUGAR SMART KIDS:

## HOW TO KEEP YOUR CHOMPERS HEALTHY



This educational leaflet has been produced to give you the facts about tooth decay and ways to prevent it by making different food choices, so that you can keep your little one's chompers tip top!



Nutrition Fair 2024  
University of Chester



# TOOTH DECAY

Too much free sugar in our diet has been shown to cause dental damage. It is especially important to try to limit our intake of free sugars in our children's diet.



Sweet foods such as biscuits, cakes, chocolate, sweets, and sugary drinks are the most common sources of free sugars in our diet.

Sugars provide the perfect food for the bacteria in our mouths. These bacteria feed on the sugar and produce a decay-producing acid that builds up and begins to cause damage to the enamel on our teeth.



# JUST HOW BAD IS IT?

**85% OF HOSPITAL ADMISSIONS FOR UNDER 5'S ARE FOR TOOTH DECAY (PUBLIC HEALTH ENGLAND, 2017)**

**THE HIGHEST CAUSE OF HOSPITAL ADMISSIONS IN 5-9 YEARS IS TOOTH EXTRACTION (PUBLIC HEALTH ENGLAND, 2017)**

**NORTHWEST ENGLAND HAS THE HIGHEST OCCURRENCE OF DENTAL DECAY AND ORAL SEPSIS OF 5-YEAR-OLDS IN THE UK ( PUBLIC HEALTH ENGLAND, 2020).**

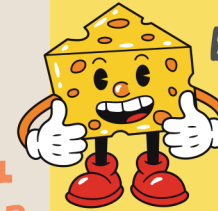
# BUT HOW MUCH SUGAR IS TOO MUCH?

It is advised to limit free sugars to no more than 5% of our daily calorie intake. Food labels can help us to determine how much sugar is in the food we buy.

Energy 1046kJ 250kcal	Fat <b>3.0g</b> LOW	Saturates <b>1.3g</b> LOW	Sugars <b>34g</b> HIGH	Salt <b>0.9g</b> MED
13%	4%	7%	38%	15%

# SWAP THE SUGARY SNACKS TO:

- Cheese - contains calcium and other minerals to strength your teeth making cheese a great snack option. It has also been shown to balance the pH level in our mouths leading to less harmful acid and fewer cavities.



- Crunchy vegetables & fruits - due to the high fibre content, all that chewing helps to stimulate saliva flow inside your mouth, making it a healthier environment for teeth.



- Water - helps to flush away food residue and balance the mouth's pH levels. Tap water also contains added fluoride which has been shown to reduce cavities.

