

# The Parkstone Dental Practice

## Dietary advice

Recommendations to help you and your family keep your teeth healthy.

Have 3 meals a day containing protein, green vegetables, salad, fruit or cheese.

Discourage sugary snacks and drinks between meals; if you are really hungry or thirsty between meals try to choose 'safe' items.

Limit sugar intake to the 3 meals because sugar does less harm to teeth if taken with meals. Give any sweets at the end of a meal. Damage to teeth occurs when sugar is spread out during the day, constantly attacking teeth.

### *Young Children.*

Parents should be encouraged to give their children foods which do not foster a 'sweet' tooth. It is said that if children are given a savory diet from an early age they will be happy to eat meals containing such foodstuffs in preference to sweet-tasting foods. Friends and relatives should be encouraged to bring small toys, fruit or crisps as presents rather than sweets. Drinks at bedtime, other than water should be strongly discouraged.

### *Good V Bad*

Fruit (apples & oranges)	Rather than...	Cakes & biscuits
Raw veg (carrots & celery)	Rather than...	Dried fruit (muesli bars)
Water	Rather than...	Fruit drinks (squash)
Tea & coffee	Rather than...	Tea & coffee with sugar
Natural yoghurt	Rather than...	Chocolate milkshakes

### *Hidden sugary ingredients to watch out for:*

Sucrose	Glucose	Fructose
Dextrose	Glucose syrup	Honey Corn
syrup	Invert sugar syrup	Molasses
Treacle	Maltose.	



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