

Dental decay can be prevented. Children are not born with a sweet tooth they develop it if they are given lots of sugar in food and drinks. Follow the advice in this leaflet to help them make adult life with perfect, healthy teeth!

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Family Dental Care

Snack ideas

Look at

www.child-smile.org

for more

information

Sugar causes tooth decay:

Sugar in the diet is the cause of tooth decay, especially when eaten between meals. This page contains some suggestions for snacks you can offer your child. Enjoy the occasional treat, but keep them to mealtimes only.

Recommended sugar free snacks:

Plain potato or cheese scones

Potato or corn snacks: keep these to 2 or 3 times a week as they are high in fat and salt.

Oatcakes, rice cakes, crackers, crispbreads

Plain milk and water are the safest drinks for teeth. Try to keep sugary food and drink to mealtimes only.

Bread sticks – on their own or with a dip or soft cheese spread.

Natural yoghurt or **fromage frais** with fresh fruit.



Fresh fruit – mouth size chunks, cubes or slices of apple, pear, satsuma, orange, banana, kiwi, melon, strawberries and grapes.

Toast, bread rolls, baps, French bread with a small amount of polyunsaturated spread.

Small sandwiches with marmite, cheese, tuna, thin slices of meat.

Pitta bread pockets – on their own or with a filling



Chopped raw vegetables: carrot, pepper, celery, cucumber, cherry tomato and courgette

Look out for hidden sugars:



Check for sugar content on labels. Sucrose, dextrose, glucose, fructose can all cause tooth decay. Look out for those hidden sugars found in sauces, some crisps and ready made meals, for example.

How you can prevent tooth problems:

- Good dental hygiene – brush twice a day with fluoride toothpaste
- Have regular dental check ups
- Have sugar as a treat only