

The good news is tooth
decay can be prevented!
Did you know that fluoride
toothpaste has cut in half
decay rates since it was
introduced? A high sugar
diet and poor brushing
causes tooth decay. Aim to
keep your teeth for life!

COIA & ASSOCIATES
7 PARTICK BRIDGE STREET
GLASGOW
G11 6PN
T 0141 339 5343
E info@coiaandassociates.com
W www.coiaandassociates.com

COIA & ASSOCIATES
Family Dental Care

How to prevent tooth decay

www.coiaandassociates.com

BDA Good Practice
Member

NHS
Greater Glasgow
and Clyde



What is tooth decay?

Tooth decay starts as minor damage to the surface of teeth which looks first white, then brown. This may worsen to cause holes in teeth. This can occur on any tooth surface but is more common in hard to clean areas.

Decay is caused when bugs on our teeth (in that sticky layer or film called plaque) use the sugars in foods and drinks and turn these sugars into acids which dissolve the surface of the teeth.

The more often that we eat or drink sugary things, the more often acid is produced and the more damage is caused to our teeth.

To prevent tooth decay we recommend you:

- avoid eating or drinking sugary food and drinks between meals.
- clean the teeth by brushing and in-between cleaning (flossing/ interdental brushing) to remove the plaque bacteria that cause problems.
- use a fluoride containing toothpaste. Fluoride is a natural element that will become bound to tooth enamel to make the teeth stronger and

less likely to be destroyed by tooth decay.

- limit your intake of foods and drinks with added sugars to a maximum of 4 times per day
- Make sure sugars provide less than 10% of total energy in the diet or less than 60g per person per day. (check food labels)
- whole fruit such as apples, pears will not decay the teeth. Juicing releases more harmful sugars/ acids.

Where are sugars found?

Most sugars in the diet are contained in processed and manufactured foods and drinks.

These include:

- sugar and chocolate confectionery
- cakes and biscuits
- buns, pastries, fruit pies
- sponge puddings and other puddings
- table sugar
- sugared breakfast cereals
- jams, preserves, honey
- ice cream
- fruit in syrup
- fresh fruit juices eg orange/ apple juice
- sugared soft drinks
- sugared, milk-based beverages
- sugar-containing alcoholic drinks
- dried fruits – concentrates the sugars

- syrups and sweet sauces.

It is important to recognise that honey, fresh fruit juice and dried fruit all contain sugars that can cause tooth decay.

General facts for eating well

The two most important elements of a healthy diet are:

- eating the right amount of food relative to how active you are.
- eating a range of foods for a healthy balanced diet. Include foods from all the major food groups below.
 - Lots of fruit and vegetables; starchy staple foods such as wholemeal bread and wholegrain cereals; some protein-rich foods such as lean meat, fish, eggs and lentils; and some dairy foods, preferably of the lower fat variety.
 - base meals on starchy foods (pasta, rice, potatoes etc)
 - eat lots of fruit and veg
 - eat more fish
 - cut down on saturated fat and sugar. vegetable fats/ oils are better for you.
 - drink plenty of water
 - For more info go to www.eatwell.gov.uk