

**GOOD**  
FOOD =  
**GREAT**  
TEETH



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Sugary foods  
and highly  
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'junk' foods are bad news for teeth.

**FACT**

Bacteria that live in your mouth feed on the sugars in these foods and pump out acid. Acid can lead to decay, tooth ache and removal of teeth.

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WHICH MEANS YOU GET



TOOTH DECAY

Even processed foods (like 'junk' foods) that don't taste sweet may contain the sugars that can lead to tooth decay.

Eat lots of healthy snacks like fresh fruit and veggies.



**IT'S NOT JUST WHAT YOU EAT BUT WHEN YOU EAT IT...**

The damage caused by sugary foods is worse when you snack on them throughout the day. If you eat sweet food, eat them at mealtimes when saliva is produced. Saliva protects teeth against decay.

**CHEWING GUM - GOOD OR BAD?**

Good! Chewing sugar-free gum can reduce tooth decay.



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