CDS's Top Tips

- Brush twice per day for two minutes, last thing before bed and at one other time in the day.
- Use a toothpaste with the recommended amount of fluoride. **Spit don't rinse!** (See toothpaste section for recommendations)
- Replace your toothbrush every 3 months or when the bristles have splayed, or following any infectious illness.
- If you use a mouthwash, use this at a different time to brushing.
- Clean between your teeth once a day with floss or interdental brushes.
- Alcohol and tobacco have associated risks to Oral cancer, avoid and limit where possible. Do not exceed an adults recommended intake of 14 units per week.
- Avoid sugary foods or drinks between meals.
- Be sure to attend your dentist regularly.

Improving Oral Health in Evermore Communities

Contact us

If you would like to speak to someone about any aspect of our dental service please contact:
Oral Health Improvement Team |
Community Dental Services CIC |
Colworth House | Colworth Park |
Sharnbrook | Bedfordshire | MK44 1LZ

Email: oralhealthimprovement@cds-cic.co.uk
www.communitydentalservices.co.uk

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Community Dental Services

Diet and your Oral Health

Adults

Providing NHS Dentistry

NHS

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Tooth decay

Decay happens when sugar reacts with the bacteria in plaque (the sticky coating on your teeth). Every time you eat or drink anything sugary, your teeth are under an 'acid attack' for up to one hour. If this happens many times in a day, the tooth enamel may break down, forming a hole (cavity) in the tooth. Tooth decay can lead to requiring dental treatment such as fillings and or tooth removal.

Sugar

All sugars can cause decay. Sugar can come in many forms, usually ingredients ending in ‘ose' are sugars. For example: **Sucrose**, **Fructose** and **Glucose**, all of which can damage your teeth.
Many processed foods have sugar in them, the higher up this appears on the ingredients list, the more sugar there is in the product. Ensure to read labels as these can be misleading.
E.g. ‘No added sugar’ does not mean the product is sugar free - it simply means no additional sugar has been added. To note, sugars are not always listed as sugar, they can make up carbohydrates.

Tooth wear

Regular consumption of acidic foods and drinks, such as, citrus fruits, squash, alcohol and fizzy drinks, can cause tooth wear. The acid wears away the enamel (soft outer layer of the tooth), exposing the dentine (layer found under the enamel). This is irreversible and can make your teeth very sensitive to hot and or cold. Avoid frequent consumption of acidic foods and drinks and keep these to meal times where possible.

Frequency of acid attacks

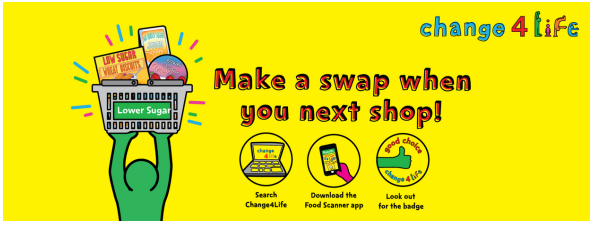
It is recommended we have no more than 4 'acid attacks' in one day. Aim to keep any food or drinks containing sugar to meal times only and snack on sugar free foods and drinks, such as water, milk, tea or coffee (without sugar) between your meals.

Examples of tooth friendly snack / drinks

- Fresh whole fruit
- Vegetables
- Plain popcorn
- Plain rice cakes and bread sticks
- Natural yogurt
- Cheese
- Hummus
- Plain water
- Plain milk

Examples of non-friendly snacks / drinks

- Sweets and chocolate
- Cooked, dried or blended fruit
- Flavoured yogurts
- Chew bars / Breakfast bars
- Biscuits
- Tea and coffee with sugar
- Fruit juice
- Squash
- Fizzy drinks
- Smoothies
- Flavoured water
- Energy drinks
- Alcohol

Medications

Please consult your dentist or GP to discuss how these may impact your oral health.