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 (found listed in ingredients). **Spit don't rinse!**
  0-6 years - containing no less than 1000ppm
  7+ years - containing 1,350 - 1,500ppm
  (ppm = parts per million)
- Use a smear of toothpaste for those under 3 years, and anyone over 3 years is to use a pea sized amount.
- Replace your toothbrush every 3 months or when the bristles have splayed, or following any infectious illness.
- Assist children with brushing until 7 years old.
- Avoid sugary foods or drinks between meals.
- Take your child for their first dental check up when they get their first tooth or at least before their first birthday.
- 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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Nottingham City Oral Health Improvement Team

Community Dental Services

Diet and your child's Oral Health

Providing NHS Dentistry

NHS

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Tooth decay

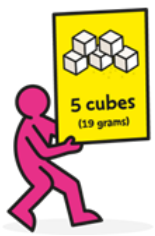
Decay happens when sugar reacts with the bacteria in plaque (the sticky coating on your teeth). Every time you eat or drink anything sugary, your teeth are under an 'acid attack' for up to one hour. If this happens many times in a day, the tooth enamel may break down, forming a hole (cavity) in the tooth. 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. Be aware that many popular children's snacks are high in sugar content.

Daily sugar recommendations

4-6 years



7-10 years

11+ years

Tooth wear

Regular consumption of acidic foods and drinks, such as, citrus fruits, squash 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 enamel). This is irreversible and can make children's 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 drink water or milk between your meals.

Medications

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

Examples of tooth friendly snack / drinks

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

Examples of non-friendly snacks / drinks

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

The 'ideal' lunch

- Between 350-400 calories in a meal
- 5-6 grams of added sugar
- 12-16 grams of fat

For tips on packing the ideal lunch, watch CDS's Video here: https://youtu.be/YuROfOJKvwE

Download the food scanner app to see how much sugar is in your children's snacks and drinks! The app is fun and interactive for children too!

For tips on preparing a child for dental visits, watch CDS's video here: https://youtu.be/VqQKH70HR18