

Making the right choices for the health of your teeth

If your dentist or hygienist has advised you to improve your diet as you are developing dental decay this leaflet has been produced for a little helping hand.

We wouldn't eat sugar straight from the sugar bowl but we tend not to think about the sugar hiding in other things we eat and drink. Food and drinks that state they are low calorie or fat free can contain high amounts of sugar.

Below are some examples of this- fruit yoghurts, fruit juice, high sugar cereals, baked beans, spaghetti, cereal bars, smoothies, tomato ketchup.



Alternative Options- Reduced sugar ketchup, reduced sugar baked beans and spaghetti, toast with butter, marmite, cheese, crackers, salted or butter popcorn, bread sticks, nuts and seeds, ready brek (low sugar cereals).

