

Our teeth: healthy eating

Sugars in food and drinks play a major role
in the development of tooth decay!



It is not just the amount of sugar we consume, but how often, that is important

Every time we have something sweet to eat or drink, bacteria (germs) in our mouth convert the sugar into acid

If we snack too often, the acid is in contact with our teeth for a longer time - and the risk of tooth decay increases.

Replace high sugar foods with healthier choices, such as fresh fruits, raw vegetables, nuts, crackers and reduced fat dairy foods



For more information, visit:
www.sahealth.sa.gov.au/sadental



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