

Sugar — No Thanks!

0 sugary
drinks and
more water
every day

Our teeth are so important — they help us eat, talk and smile! However, consuming sugar hurts our teeth, causing tooth decay and cavities. Bacteria in the mouth uses sugar to produce acids that dissolve and damage teeth.¹ According to the World Health Organization, 60 – 90% of school children and nearly 100% of adults have dental cavities.² Follow these simple tips and tricks to keep your smile sparkling!

PREVENT CAVITIES AND TOOTH DECAY

- Reduce sugar intake.
- Maintain a well-balanced diet. The vitamins in fruits and vegetables help protect your gums.²
- Brush your teeth for 2 minutes, twice a day.
- Floss regularly.
- Use fluoride toothpaste.¹
- Visit your dentist regularly.

BRUSHING YOUR TEETH CAN BE FUN!

- Play music while your child brushes his/her teeth.
- Keep a chart and check it off every time your child brushes.
- Buy fun, colorful toothbrushes and toothpastes.



HEALTHY EATING FOR YOUR TEETH

Dental hygiene is only one part of dental health. It is also important to reduce your intake of sugary foods and beverages and increase your intake of fruits and vegetables. Some examples of sugary foods and beverages commonly consumed by children are:

- Soda pop (regular and diet varieties)
- Candy
- Pastries
- Gum
- 100% fruit juice
- Juice drinks
- Sugary cereals
- Flavored milks

*If you ingest these sugary foods and beverages, it is important to remember to **not** brush your teeth right away. Wait at least one hour before brushing to allow your teeth to recover and your enamel to re-harden before taking a toothbrush to them.¹*

REDUCE OR AVOID SUGARY ITEMS

- Look for no-sugar-added options of foods and beverages.
- Reduce the sugar content of juice by filling half of the glass with water and the other half with juice.
- Use a straw when drinking sugary beverages so your teeth are less exposed to the sugar and acid.¹
- Hydrate with water.
- Limit sugary foods and beverages to an occasional treat.
- Have fresh fruits and vegetables available as a snack, rather than cookies and candies.
- Be a role model. If you reduce your consumption of sugary foods and beverages, your child may too!



Sources

¹"Sports Drinks Are Gammin! Go For Water Instead." *Reduce Sugary Drink*. <http://www.rethinksugarydrink.org.au/>

²"Oral Health." *World Health Organization*. April 2012, <http://www.who.int/mediacentre/factsheets/fs318/en/>



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