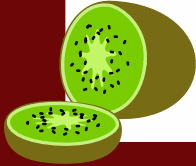




Eat Well for Oral Health

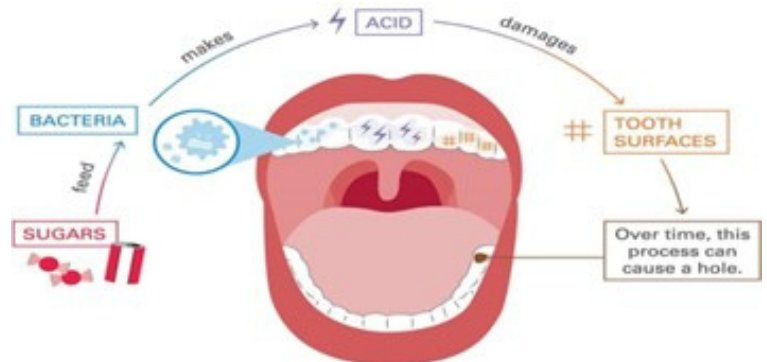
Sugar Cycle



Key Terms:

- Natural Sugar
- Added sugar
- Tooth decay
- Cavities
- Acid

As the sugar in your mouth gets broken down, acid is produced which then begins to dissolve your teeth.



Sugary foods to avoid:

- *Candy.
- *Cakes.
- *Cookies.
- *Pies and cobblers.
- *Sweet rolls, pastries, and doughnuts.

Tips to prevent tooth decay:

- Avoid sugary drinks. Stick to milk and water.
- Brush teeth after eating sugary foods.
- Check labels for sugar content.
- If you give your child juice, dilute it.
- Use other things as a reward rather than sweets/desserts.

