

A Guide to Making
Tooth-Friendly
Choices for a
Healthy Mouth



CAVITY CONNECTION

Cavities occur when sugar in snacks and drinks combine with the bacteria in the mouth to create an acid. This acid attacks the teeth causing cavities over time.

plaque

+

sugar

=

acid



acid

+

time

=

cavity



- Cavities are NOT normal and can be avoided
- Cavities are the most common chronic disease in children
- Plaque starts as a clear film on teeth and continues to grow day and night
- Plaque is made up of food debris, cells from the mouth, and bacteria
- These bacteria cause cavities and gum disease - oral diseases are infectious
- Plaque is removed by careful brushing and flossing

TIPS FOR GOOD ORAL HEALTH

- Visit your oral health care professional regularly
- Satisfy your thirst, choose water first!
- Eat, drink, but beware: if you sip and snack all day you will get tooth decay
- Avoid all tobacco products
- **2 for 2 is what you do!** Be sure to brush your teeth two times each day for two minutes each time
- Floss once daily to prevent gum disease and cavities between the teeth



0-3 years of age:
brush with water only



3-5 years of age:
use a smear the size
of a grain of rice



**5 years of age
and up:** use a
pea-sized amount



teens and adults:
use a pea-sized amount



any age: too much!

Tooth Friendly Snacks

Snacks

Fruits

Apples
Kiwi
Bananas
Persimmons
Berries
Grapes
Oranges
Mangos

Vegetables

Carrots
Cucumber
Broccoli
Peppers
Tomatoes
Cauliflower

Others

Whole Grain Breads
Whole Grain Cereals,
Flatbread, Pitas, Chapati,
Challah
Rice Cakes
Original or Cheese
Flavoured Bulgur, Quinoa
Popcorn (unflavoured)

Meat/Dairy

Cheese
Yogurt, Kefir
Eggs
Tofu
Seafood
Seeds, Nuts
Peanut Butter
Hummus

Breads/Cereals

Pizza
Sugarless Gum
Smoothies Made From
Yogurt, Milk and Fruit





Occasional Snacks



Remember, although these snacks may be nutritious, it is recommended you only have them every now and then because they tend to stick to your teeth.

- Muffins
- Dried fruit
- Nachos

- Trail mix
- Pretzels
- Potato chips

For more information on making healthy food choices go to: durham.ca/healthyeating



Not "Tooth Friendly"



Avoid foods with high sugar content, especially those that are sticky or chewy.

- Chewy/sticky candy
- Hard candy
- Lollipops
- Chocolate bars
- Regular chewing gum

- Marshmallows
- Sugary cereals
- Cookies
- Donuts, pie
- Granola bars

Read Your Labels!

- Sugar is known by many other names in ingredient lists on the labels of the foods we eat: Sucrose, glucose, high fructose corn syrup, honey, molasses to name just a few.
- If sugar is first or second on the ingredient list, that food is likely very high in sugar.
- Be aware of your serving size, you may be eating more than what the nutritional facts table suggests – most people do!

Total Sugars = 13 grams ÷ 4 = 3.25 teaspoons

Therefore, one serving has about 3 teaspoons (15 mL)* of sugar.

***1 teaspoon = approximately 5 mL**

Nutrition Facts

Per 1 cup (30 g)

Amount	% Daily Value	
Calories	120	180
Fat 2 g	3%	7%
Saturated 0.4 g +Trans 0 g	2%	10%
Cholesterol 0 mg		
Sodium 270 mg	11%	14%
Carbohydrate 22 g	7%	9%
Fibre 1 g	4%	4%
Sugars 13 g		
Protein 4 g		

Liquid Sugar

DRINK	SIZE	SUGAR grams=g teaspoons=tsp
Water	500 ml	0
White Milk	250 ml	11g = 3 tsp
Chocolate Milk	250 ml	25g = 6 tsp
Juice Boxes (100% real juice, punch, cocktail)	200 ml	20-23g = 5-6 tsp
Vitamin water	591 ml	32g = 8 tsp
Specialty/Iced Coffees	710 ml	32-47g = 8-12 tsp
Sport Drinks	710 ml	39g = 10 tsp
Can of Pop	355 ml	40g = 10 tsp
Energy Drinks	473 ml	54-59g = 14-15 tsp
Flavoured Drinks (iced teas, lemonades)	691 ml	68g = 17 tsp
Flavoured Frozen Drinks	1000 ml	108g = 27 tsp



Re-think your drink!

To help
prevent
cavities
choose
drinks low
in sugar

Satisfy your
thirst choose
water first!
Refill your water
bottle.

**Sugar
free!**



Healthy Mouth Healthy YOU



HEALTH
DEPARTMENT

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Durham Health Connection Line
905-668-2020 or 1-800-841-2729
durham.ca/oralhealth



If you require this information in an accessible format, contact 905-668-2020 or 1-800-841-2729