



Eat more whole unprocessed foods



Try to avoid processed food with lots of added sugar
(aim for free sugars under 10g per 100g)



1. Reduce

Cut down the frequency of sugary snacks and drinks, especially between meals.

- Packaged sugary foods and drinks increase the risk of tooth cavities and gum disease.
- Keep any sugary foods to a minimum, and have them as part of a mealtime.



2. Replace

Swap packaged snacks for whole, unprocessed foods

- Choose snacks like fruit, boiled eggs, cheese or vegetable sticks instead of sweets, biscuits or cereal bars.
- Keep a refillable water bottle with you.
- Get children involved by letting them choose their healthy snacks.



3. Reinforce

Brush your teeth twice a day with fluoride toothpaste

- Fluoride strengthens teeth and helps prevent cavities.
- Aim to brush twice daily, just before bed and at another time during the day.
- Spit the toothpaste out, but don't rinse your mouth with water - let the toothpaste keep working!

