

The simplest way

...to eat your teeth clean.

Poor snack choices affect your child's weight, teeth and overall health. Try this activity to see what different foods do to teeth.

Eat the following foods, in order, in front of a mirror to see:

Oreo biscuit – a “sticky sweet” food that will fall in to all the grooves of the teeth;

Carrot – a firm textured, unprocessed food that increases saliva flow and will remove the Oreo particles;

Cheese cube – a powerful protector of teeth that neutralises mouth acid and remineralises the enamel coating of your teeth.

So stick with “firm favourites” (e.g. fruit and veg) and “powerful protectors” (e.g. cheese, milk, water) and avoid “sticky sweet” foods (e.g. biscuits, cakes, muesli bars, lollies). “Sweet acidic” juice, cordial, sport and soft drinks can attack teeth too.

Courtesy of: Hunter New England Health, Oral Health Promotion Unit, “Healthy Tums Healthy Gums” program.

For more information visit www.eatittobeatit.com.au
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