OXFORDSHIRE COMMUNITY DENTAL SERVICE

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Food and Drink For Healthy Teeth



Eating healthily keeps gums and teeth **healthy.**



Foods and drinks that have sugar in can **damage** your teeth.



What you eat and drink between meals can cause **holes** in your teeth.

Choose savoury snacks or whole fruit.



Reduce how often you have sugary foods/drinks.

Keep sugary foods/drinks for mealtimes.

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Savoury foods like vegetables, nuts and cheese are **good** for your teeth.



Drinks without sugar like milk and water help to **protect** your teeth.

Try to choose **'diet'** or **'low sugar drinks'.**



Watch out for **hidden** sugars found in fruit juices, smoothies and sauces.



Visit your dentist **every 6 months** or as often as they say.

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