

Get sugar savvy

Sugar and its effect on teeth

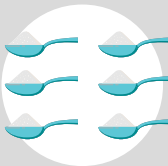
How to protect your teeth:



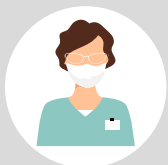
Brush twice a day using fluoride toothpaste.



Clean between your teeth once per day. (e.g. floss, interdental brushes)



Consume no more than 6 teaspoons / 24 grams of added sugars per day.



Visit your dentist regularly.

Sugar + bacteria = ACID

Acid + teeth + time = TOOTH DECAY

When factors that hurt the teeth are greater than factors that protect the teeth, tooth decay can develop.

- Bacteria that live on the surface of teeth use the sugar we eat and drink as energy to make acid.
- The acid attacks the surface of the teeth. It pulls minerals out of the tooth's surface making the tooth weak.
- This happens every time we eat or drink items that include sugar.
- If these acid attacks occur over and over again and there is not enough protection provided to the teeth, this can result in tooth decay.



Watch an instructional video on 'Explaining Tooth Decay' ▶

Protect teeth



Protecting teeth against tooth decay is a **BALANCING ACT**

Harm teeth

