

swap the sugar

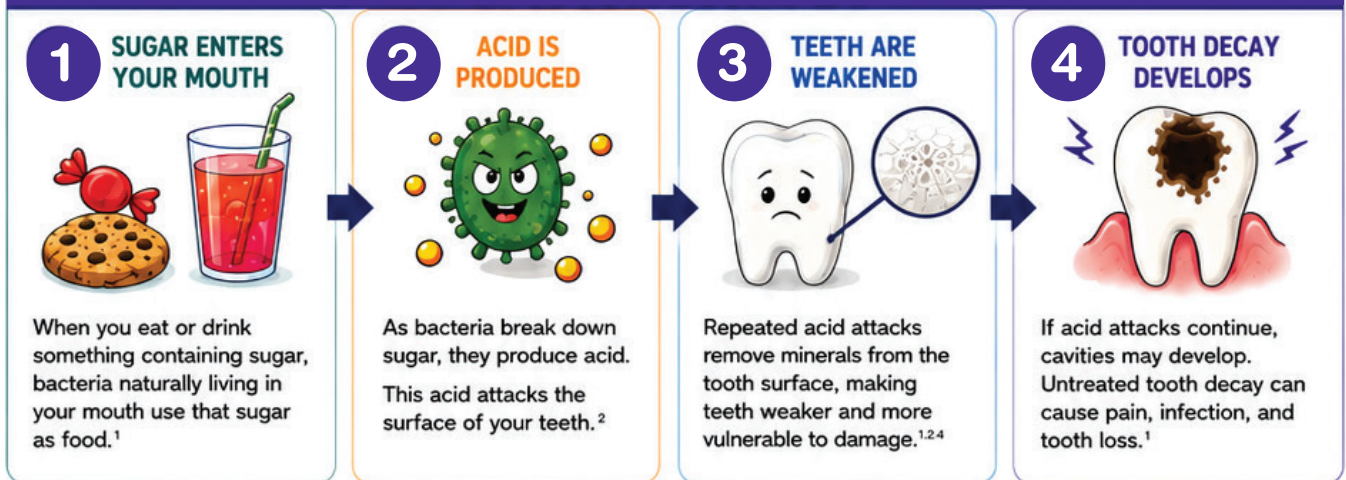


find the hidden sugar...

How Sugar Affects your Teeth

Tooth decay does not happen overnight. It develops over time when teeth are repeatedly exposed to sugar and acid.¹

How Sugar Affects your Teeth



HEALTHIER DRINK SWAPS

- Instead of**
- Juice
 - Fizzy drinks
 - Sports or energy drinks
 - Flavoured milk
- Choose more often**
- Water
 - Plain milk



Tip: Water is the best everyday drink for thirsty teeth.

HEALTHIER SNACK SWAPS

- Instead of**
- Lollies
 - Chocolate bars
 - Sweet biscuits
 - Cakes or muffins
 - Fruit straps or fruit roll-ups
- Choose more often**
- Cheese
 - Apple slices
 - Vegetable sticks
 - Plain yoghurt
 - Whole fruit



Tip: Sticky sugary foods can cling to teeth for longer.

LUNCHBOX SWAPS

- Instead of**
- Juice boxes
 - Sweet yoghurt pouches
 - Sugary snack bars
 - Packaged cakes
 - Packaged biscuits
- Choose more often**
- Water bottle
 - Cheese and crackers
 - Plain yoghurt
 - Whole fruit
 - Veggie sticks



Tip: Small everyday swaps can make a big difference.

swap the sugar, protect your smile

Choose water more often

Keep sugary foods and drinks as sometimes choices
Brush for 2 minutes, twice a day with a fluoride toothpaste



REFERENCES

¹ World Health Organization. (2023). Global Oral Health Status Report: Towards Universal Health Coverage for Oral Health by 2030.

² World Health Organization. (2023). WHO Guideline on Carbohydrate Intake for Adults and Children.

³ FDI World Dental Federation. (2024). Promoting Oral Health Through Reduced Sugar Consumption.

⁴ FDI World Dental Federation. (2024). Promoting Oral Health Through Fluoride Use.



**New Zealand
Dental Assoc.**

