

Further resources for parents and children

www.child-smile.org.uk/parents-and-carers

<https://www.nhs.uk/live-well/healthy-body/kids-teeth-sweets-fizzy-drinks-faqs/>

Eatwell guide

Resources used in this leaflet: Delivering better oral health, Change 4 life and Childsmile

Photos courtesy of Change 4 life and Childsmile

Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.whitthealthPALS@nhs.net

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Diet advice

for healthy teeth

A guide for children and parents



What causes tooth decay?

Tooth decay is caused by sugars which you eat and drink.

- It is important to consider how the food and drinks you give your child can affect their teeth.
- Often it is not just **what** they eat and drink but **when** they eat and drink it.

How can I protect my child's teeth?

Three key points to follow for healthy teeth are:

1. Reduce the **total** amount of sugar that you consume.
2. Reduce the **number of times a day** you eat sugar, having food and drinks which contain sugar at a **mealtime only, maximum three times daily**.
3. Avoid sugar containing foods and drinks **at bedtime**.

Which foods and drinks contain sugar?

Note: Many food and drinks aimed at children contain sugar while claiming to be “no added sugar”, “natural” and “organic”.

FOODS	DRINKS
<ul style="list-style-type: none">• Cakes, chocolates, biscuits, sweets, lollipops• Dried fruits e.g. raisins• Flavoured yoghurts• Yoghurt coated fruit• Cereals with added sugar and cereal bars• Tomato ketchup• Honey• Tinned soups	<ul style="list-style-type: none">• Smoothies• Fizzy drinks• Energy drinks• Flavoured water• Flavoured milk• Diluted juice/squash (including no added sugar)• Fruit juice

Some tooth friendly snack suggestions:

- Fresh whole fruits and vegetable
- Natural plain yoghurt with added fruit/vegetables (not dried fruit)
- Breadsticks, toast or sandwiches (no jam/chocolate spread), chapattis, bagels
- Oatcakes, rice cakes
- Crackers with or without cheese
- Unsweetened pop corn
- Eggs



Which drinks are safe for my child's teeth?

- **Plain milk** and **plain water** are safe choices to drink.
- Only milk or water should be drunk between meals.
- Ideally no sugar should be added to food and drinks such as breakfast cereals and milk.
- After brushing teeth at bedtime, only drink water if a drink is required.



Sugar free medicines

- Some medicines contain sugar.
- Ask your doctor/dentist/pharmacist for sugar free medicines where possible.
- If there is no alternative, ask if it can be taken with a meal and rinse your child's mouth after taking it.