Bite into better health:
Sugar, nutrition and your smile



Learning how to read labels helps protect your smile.

Hidden sugars can be hard to spot.

- Fewer ingredients is best
- If a product has a lot of sugar, it will list sugar near the top of the ingredients.

Did you know?

- When you eat sugary food, your teeth are attacked by acid for 20 minutes or more. Rinse your mouth with water after eating.
- A teaspoon equals 4 grams of sugar. Look for less than 10g of sugar per serving to lower cavity risk.



Some foods can hurt your teeth and gums over time:

Carbs: Chips, crackers, and pasta can leave particles that help germs grow.
Swap pasta for vegetable noodles

Sugary foods: Candy, cookies, and cakes have lots of sugar, which may cause cavities
Swap sugary cereal for granola with fruit

Sticky foods: Chewy candy, raisins, and syrup stick to your teeth.
Swap candy for apple slices

Soda, sports drinks, & juice These drinks have sugar that may cause decay.
Swap soda for sugarless sparkling water

Tips to help protect your teeth:

- Limit sugary snacks between meals.
- Brush after eating to help remove plaque and food bits which lowers the acid and keeps your teeth healthy.

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