













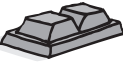





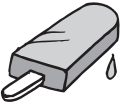




## The amount of sugar in common food items

Lollies, each one		=		1 teaspoon
Cake, one slice		=		4 teaspoons
Sweet biscuits		=		1 teaspoon
Jelly, one serve		=		4 teaspoons
Soft drink, one can		=		12 teaspoons
Cordial, one glass		=		5 teaspoons
Fruit juice drink, one glass		=		3 teaspoons
Chocolate, two squares		=		1 teaspoon
Jam, one teaspoon		=		1/2 teaspoon
Ice cream, one scoop		=		1 1/2 teaspoons
Ice blocks, one		=		5 teaspoons

 \*1 teaspoon equals 5 grams of sugar

## Medicines

Some medicines contain sugar.

**Ask your doctor, dentist or pharmacist for medicines that are sugar-free and non-acidic.**

While taking medicines you can care for your teeth by:

- Taking your medicine with a main meal, where possible.
- Rinsing your mouth with water and then rubbing a small amount of fluoride toothpaste onto your teeth. Do not brush your teeth directly after taking medicines. Children may have a drink of water if rinsing is difficult.
- Cleaning your teeth twice a day using a toothbrush with soft bristles and fluoride toothpaste. (Children 2-6 years should use low-fluoride toothpaste).



# Sugar



## For more information

Contact SA Dental Service Health Promotion Unit.

Health Promotion Unit  
180 Flinders Street, Adelaide SA 5000 Ph: 8222 9016  
sads.healthpromotion@health.sa.gov.au  
www.sadental.sa.gov.au

Healthy Smile  Healthy Life

## Sugar- what can it do to your teeth?

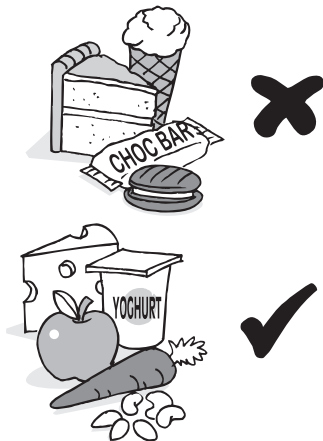
Having food and drink that contain sugar can start the tooth decay process.

- Tooth decay is caused when bacteria in your mouth combine with the sugars and starches in food to produce acid.
- This acid eats away the tooth enamel, leaving holes.
- You can keep your teeth healthy and prevent holes by limiting how **often** you have sugary food and drink.

Sugar has little nutritional value - it contains calories but no vitamins, minerals or fibre. Limit the amount of sugar in your diet and replace high sugar food with healthy food.

## How often you eat sweet food is important for tooth decay

It is not only the amount of sugar that we eat or drink each day that is important for healthy teeth but also how **often** we have sugary food and drink.



To keep teeth healthy, reduce how often you eat sugary food.



Between meals eat food that is low in sugar such as fresh fruits, raw vegetables, nuts, cheese, crackers or yoghurt.



Water is the best drink between meals. If you are going to have sweet food and

drink, including fruit juices, have them at meal times.

## How much sugar is in the food you eat?

You can't always taste the sugar in food and drink. Read each wrapper, can or packet to see how much sugar is in the product.

Ingredients are listed in order of amount. The product contains most of the ingredient listed first, and least of the ingredient listed last. Sometimes sugars are listed as several different names.

Sugars may be listed with names such as **white sugar, brown sugar, raw sugar, icing sugar, corn syrup, castor sugar, treacle, golden syrup, chocolate, honey, glucose, molasses, sucrose, fructose, lactose and maltose.**

To find out how much sugar is in a food product check

the *Nutrition Information*

panel. These panels are on

most food items.

NUTRITION INFORMATION	
SERVING SIZE 375mL	AVE. QTY. PER 100mL
ENERGY	195kJ (47Cal)
PROTEIN	4.9g
FAT, TOTAL	0.5g
SATURATED CARBOHYDRATE,	0.2g
TOTAL SUGARS	5.5g
SODIUM	5.4g
CALCIUM	160mg

## Breakfast Cereals

Eating a nutritious breakfast is a good way to start the day. When you wake up in the morning you usually haven't eaten for more than 8 hours and your body is low in energy. If you have a good breakfast you can concentrate better and have the energy to work through the morning.

Choose a breakfast cereal that is low in sugar, fat and salt, and

high in fibre. Nutritionists recommend that breakfast cereals

contain no more than 20g of sugar per 100g of cereal, or 25g if fruit is added.

