



SMARTER SMILES

DIET AND YOUR ORAL HEALTH



How does my diet affect my oral health?

When we eat or drink, our teeth experience an acid attack. Hard enamel loses minerals and temporarily softens. The more acidic the food or drink is, the softer our teeth can be. Our saliva and fluoride helps to put minerals back into our teeth to strengthen them.



WATER
0.0 tsp sugar



ICED TEA (500ml)
6.5 tsp sugar



SPORTS DRINK (600ml)
9 tsp sugar



ENERGY DRINK (500ml)
13 tsp sugar

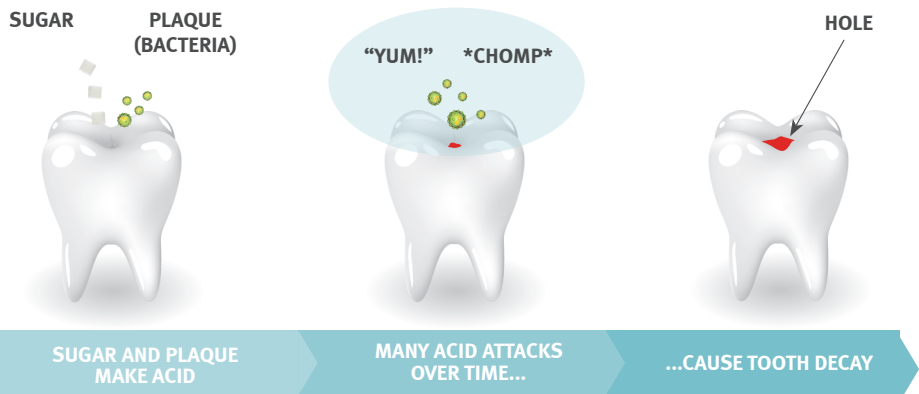


SOFT DRINK (600ml)
16 tsp sugar

It's a balancing act!

Too many sugary and acidic food and drinks, tips the balance in favour of dental decay.

TIP: Reduce the amount of acidic and sugary foods and drinks you consume, including those hidden in 'healthy' foods e.g. juice, iced tea, muesli bars, dried fruit, jam.



Why are my teeth sensitive?



FACT

YOUR ORAL HEALTH PROFESSIONAL CAN HELP MANAGE AND PREVENT FURTHER DAMAGE TO YOUR TEETH.

- Tooth wear
- Excessive acids in diet, including soft drinks and lemon water
- Dental decay or lost fillings
- Incorrect tooth brushing technique or using a hard-bristled toothbrush
- Teeth grinding (bruxism) or clenching
- Gum recession
- Medical conditions e.g. reflux or vomiting

Smart snack ideas for healthy teeth



- Crackers with hummus, tzatziki, cheese or sugar-free peanut butter
- Yoghurt, nuts, popcorn, pretzels
- Boiled egg
- Fresh fruit and vegetables

TIP: Add cucumber or mint to water instead of lemon.



FACT



GINGIVITIS IS SOMETIMES PAINLESS, SO MANY PEOPLE ARE UNAWARE THEY HAVE THE DISEASE!

Why do my gums bleed when I brush?

Bleeding gums may be a sign of gum disease which is mainly caused by poor oral hygiene or other medical conditions. If your gums are healthy your teeth will be too!

What is gum disease?

Gingivitis (reversible)

Occurs when lack of toothbrushing or flossing does not remove the build-up of bacteria, food and fluids called plaque. This causes the gums to be inflamed.

! SIGNS: red, puffy and bleeding gums. Sometimes pain or sensitivity.

Periodontitis (irreversible)

Advanced gum disease that can affect the bones and supporting structures that hold the teeth in place.

! SIGNS: gum recession, loose adult teeth, bad breath, bleeding gums, abscess.

How can I prevent gum disease and tooth sensitivity, and keep my teeth healthy?

- Brush teeth, gums and tongue twice a day gently and floss daily
- Use a fluoride toothpaste
- Use a sensitive toothpaste if experiencing cold sensitivity
- Drink plenty of water
- Limit sugary and acidic food and drinks
- Have a dental check-up and clean at least once a year
- Rinse your mouth with water after acidic and sugary foods and drinks
- Avoid smoking, alcohol and drug use



Key oral health messages



Brush well

Brush teeth twice a day with fluoride toothpaste



Eat well

Eat healthy foods and reduce intake, amount and frequency of sugary foods



Drink well

Drink lots of water and limit intake of sugary drinks



Play well

Wear a mouthguard when playing contact sports to prevent injury



Stay well

Have regular dental check-ups

For more information

Contact Metro North Oral Health Services



www.health.qld.gov.au/metronorth/oral-health



Call Centre on **1300 300 850**

Metro North HHS thanks Dakabin State High School for their participation in the Smarter Smiles pilot program. Smarter Smiles is funded through the Metro North SEED and Link Innovation Programs.

Version 1.0 Effective: 05/2020

Metro North
Hospital and Health Service



Queensland
Government