



ADVENTURES IN ORAL HEALTH

TOP TIPS TO MAINTAIN A HEALTHY MOUTH!

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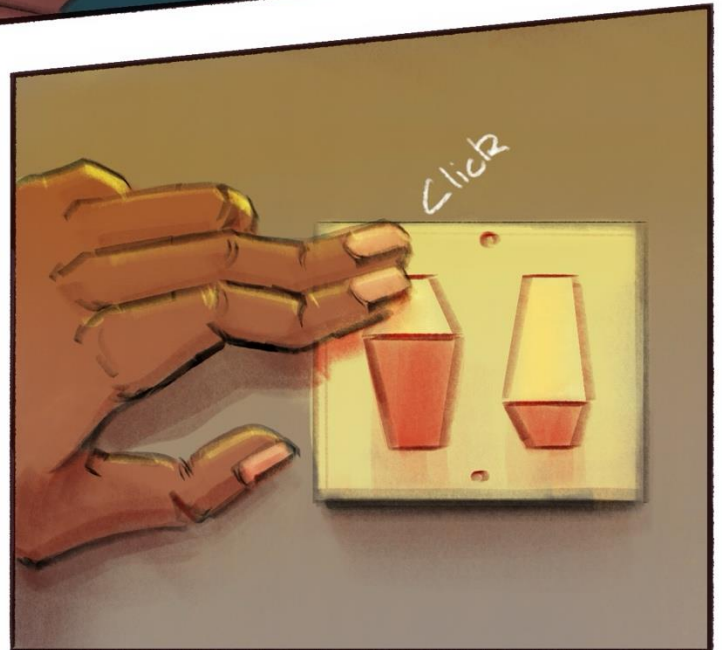
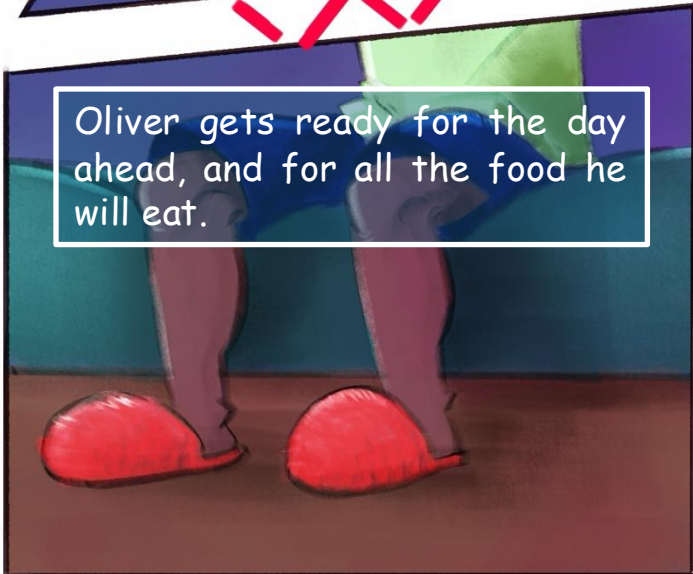
With special thanks to:
Dr Clement Seeballuck

6:57 - Oliver's Bedroom

In his deep slumber, Oliver dreams of his favourite part of the coming day - Breakfast.



Oliver gets ready for the day ahead, and for all the food he will eat.



7:00 - Breakfast

Sugar is found in many foods. Too much can harm our teeth and health! Beware as well of hidden sugar. A glass of orange juice or fruit yoghurt for example can contain large amounts of free sugars.



Fruit Juices

Cereals



Free sugars are sugars added to foods and drinks. Many cereals contain free sugars, even the ones that say "no added sugar." **11 grams** of sugar in a bowl of cereal = **3 teaspoons** of sugar.

Look for foods that are healthy and have less sugar!

Free sugars are also found in jams and honey. A single tablespoon serving of honey contains **17 grams** of sugar which = **4.5 teaspoons** of sugar.



Jam and Honey

Pancakes



A big stack of pancakes with maple syrup contains lots of free sugar, as well as fat. **12.4 grams** of maple syrup = **3.5 teaspoons** of sugar.

Eggs, Fruit, Vegetables, Toast, Porridge



It is important to have as few free sugars as possible. That's why Oliver always starts the day right with a bowl of porridge and fresh fruit.

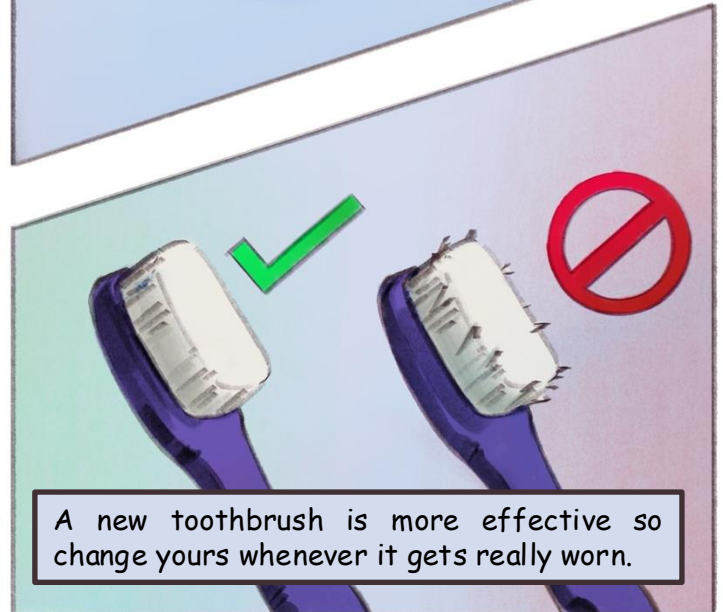
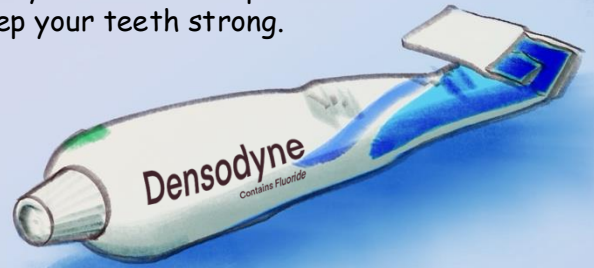


7:35 - Brush Teeth



Oliver knows just how important is to keep his teeth clean and healthy.
Do you?

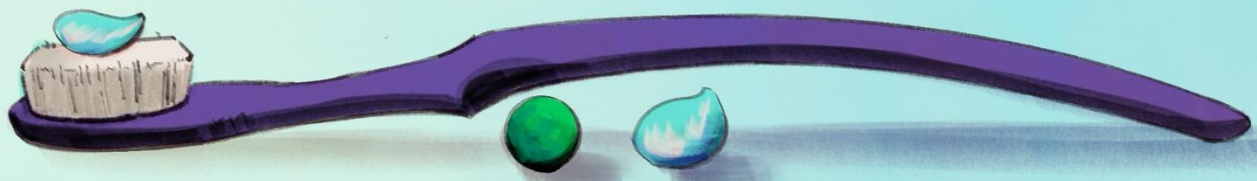
Always use a toothpaste with **fluoride** to keep your teeth strong.



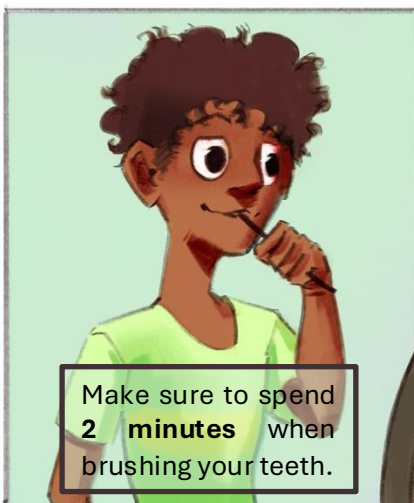
A new toothbrush is more effective so change yours whenever it gets really worn.

Use toothpaste containing no less than 1000ppm fluoride, and usually between 1350 - 1500ppm. You can find these numbers on the back of the tube! Your dentist will tell you the best strength to get! Your dentist will help you find the best toothpaste for you.

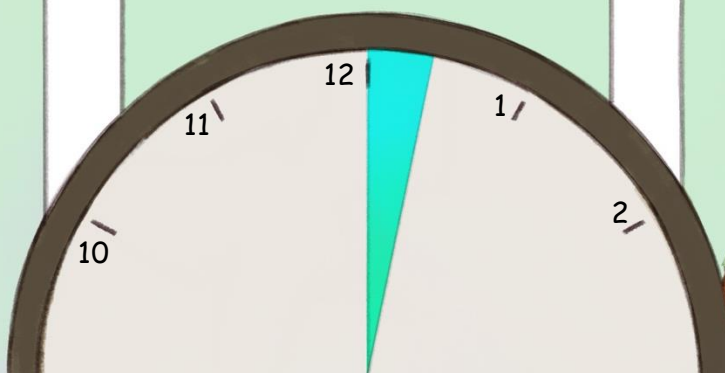
If you are aged 3 and under, use a thin smear of toothpaste. If you are 3 or over, then use a pea sized amount!



Brushing your teeth **twice a day** keeps your teeth clean and healthy and helps prevent harmful bacteria and plaque building up.



Make sure to spend **2 minutes** when brushing your teeth.



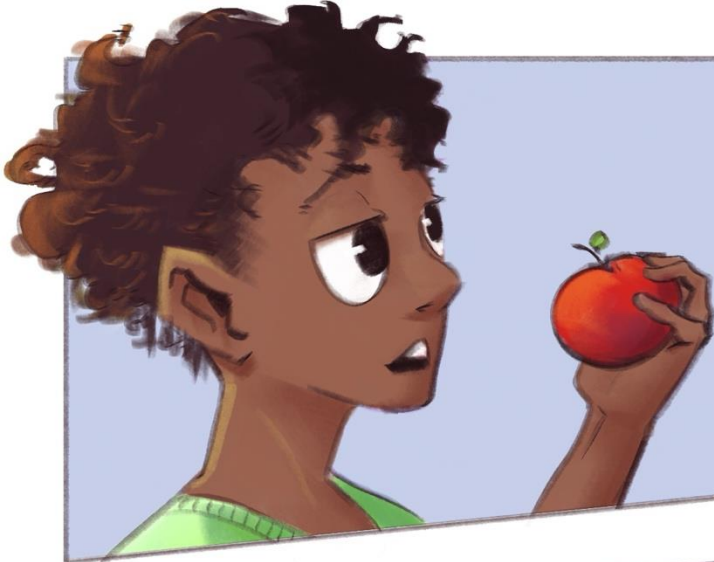
One finished, **spit, don't rinse**. This will help keep your teeth protected for longer.

13:00 - Lunchtime in the park with Ben



Oliver and Ben are the best of friends with many similarities and lots in common. Their lunchboxes, however, are another matter.

13:00 - Lunch



Oliver knows how important a balanced diet is and always makes sure his lunchbox is full of fruit, vegetables, and water.

No sweets for him!

Natural sugars found in milk, fresh fruit, and vegetables do not count as free sugars. You should have no more than **4 hits** of sugar a day, as part of a meal.

- 1 Apple
- 1 Banana



A Healthy Lunchbox



An Unhealthy Lunchbox

Ben sure has a sweet tooth. If he keeps on eating lots of sugary snacks he will damage his teeth!

- 1 Milkshake = 15 grams of sugar
- 1 chocolate bar = 29 grams of sugar

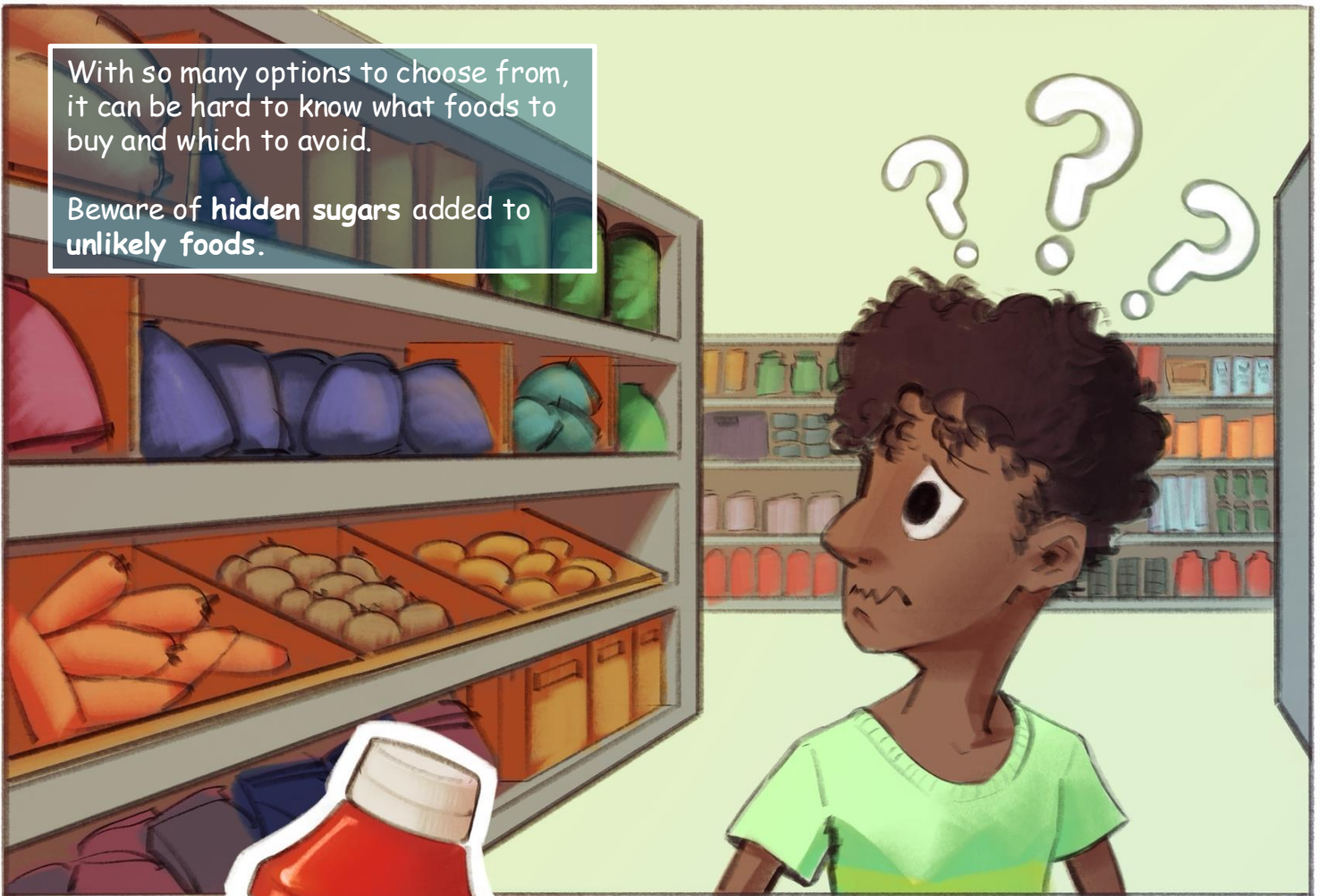
A regular can of fizzy cola contains as much as **35 grams of free sugar**. That's the same as **10 teaspoons** of sugar!



17:00 - Supermarket



Oliver and his mum pay a visit to the supermarket to purchase some groceries. What will they buy?



With so many options to choose from, it can be hard to know what foods to buy and which to avoid.

Beware of **hidden sugars** added to **unlikely foods**.



For example, **100 grams** of ketchup contains **22 grams** of added sugar! That's around **5 teaspoons** of free sugar!

Ketchup is just one example of an unlikely food that you might not realise has a high level of free sugar. Remember to always check the label before buying to know what is in your food.

19:38 - Dinner

Returning home from the store Oliver's mom begins preparing dinner.

Home made meals can be healthier because you can choose all the ingredients. They're also fun to make too!



Peering over the kitchen worktop with his belly rumbling, Oliver watches as his mom chops up the vegetables.

Whatever could she be making?



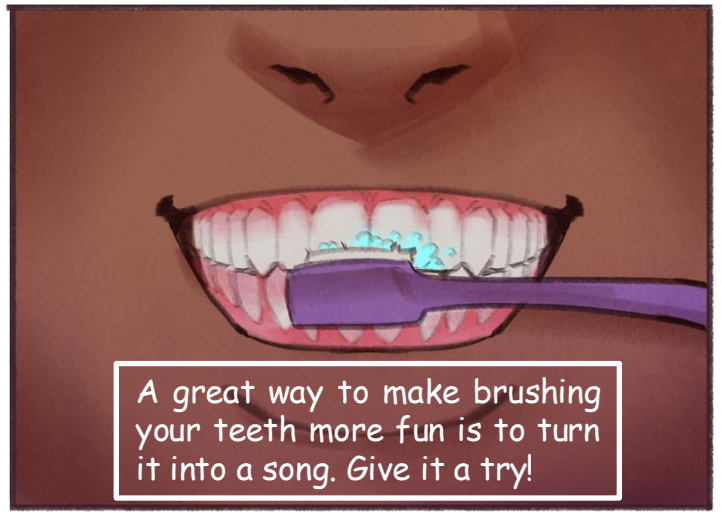
A tasty stir fry is quick, easy and makes for a healthy dinner, helping Oliver to get lots of nutritious vegetables!



20:30 - Brush Teeth



With dinner finished, its time for Oliver to get ready for bed - but not before brushing his teeth again!



A great way to make brushing your teeth more fun is to turn it into a song. Give it a try!

To the tune of

'Twinkle Twinkle Little Star'

“Got my toothpaste got my brush
I won't hurry I won't rush
making sure my teeth are clean
front and back and in between
when I brush for quite a while
I will have a happy smile.”

21:00 - Bedtime

After a long day, it's finally bedtime! Time to dream about tasty, healthy foods!



16:30 Tomorrow - Visiting the Dentist

Oh no! It looks as if all those sugary snacks and not brushing properly have finally taken a toll on Ben's smile, resulting a buildup of plaque and tooth decay.



Tooth decay is caused by a buildup of dental plaque and having too much sugar. This can lead to problems, such as holes in the teeth (cavities) and toothache.



Signs and symptoms of tooth decay to look out for include:

toothache
tooth sensitivity
bad breath
bad taste
darkening, brown or black spots appearing on your teeth. As this continues, you may find a hole in your tooth.

Poor oral hygiene and diet can also lead to gum problems like gingivitis. This can cause your gums to bleed.

Not to worry! The friendly, local dentist will gladly help put the sparkle back in Ben's Smile. However, it is always better to prevent tooth decay and keep your teeth strong and healthy.



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