



DIET AND HEALTHY EATING

Your entire body, including your mouth, needs proper nutrition for good growth and development. A balanced diet should include a variety of foods from the five food groups.

- Fruits
- Vegetables
- Bread, cereal, pasta, and other grain products
- Milk, cheese, and yogurt
- Meat, poultry, fish, dried beans, eggs, nuts

Diet and Oral Health

Two of the most common oral diseases, caries (tooth decay) and periodontal (gum) disease, are associated with plaque. Plaque is a sticky, colorless film of bacteria that constantly forms on everyone's teeth and gums. Plaque is an irritant that makes gums red, tender, and bleed easily. Every time you eat, the bacteria in plaque produce acids that attack the outer surface of the tooth (enamel). Repeated acid attacks can dissolve tooth structures resulting in a cavity.

Food that stays in the mouth longer (hard candies and mints) or stick to your teeth (caramels, fruit snacks, and jellybeans) lead to prolonged acid attacks on your teeth.

Sugar and starches eaten at mealtimes are less harmful to your teeth than if they are eaten alone.

The following are examples of sugar content in one suggested serving. Please note that 5 grams of sugar approximately equals 1 teaspoon of sugar:

Treetop Apple Juice = 26gm / 5.2 tsp of sugar	Welch's grape juice = 40gm / 8.0 tsp of sugar
Welch's White grape = 37gm / 7.4 teaspoons of sugar	Tropicana Orange Juice = 28gm / 5.6 teaspoons of sugar
Coke = 39gm / 7.8 teaspoons of sugar	Sprite = 39gm / 7.8 teaspoons of sugar
Kellogg's Frosted Flakes = 12gm / 2.4 teaspoons of sugar	Apple Jacks = 16gm / 3.2 teaspoons of sugar
Froot Loops = 15gm / 3.0 teaspoons of sugar	Lucky Charms = 13gm / 2.6 teaspoons of sugar
Oreos = 13gm / 2.6 teaspoons of sugar	Keebler Chips Deluxe = 5gm / 1.0 teaspoons of sugar

Should you have any questions, please call us: 905-709-3888