



A HAPPY MOUTH IS... A HAPPY BODY

RAISE AWARENESS OF
THE HEALTH RISKS CAUSED
BY SUGAR CONSUMPTION

#WOHD24
#HappyMouth



worldoralhealthday.org

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Tooth decay, or dental caries, is the most common health condition globally.

Consuming excessive amounts of sugar from snacks, processed foods, and drinks not only causes tooth decay but is a major contributor to obesity and increases the risk of diabetes and other noncommunicable diseases. Reducing sugar consumption is essential for both oral and overall health.



UNDERSTANDING THE ISSUE

- **The type of sugars** most adults and children eat too much of are 'free sugars'.
- **Free sugars are** any sugars added to foods or drinks. These include sugars in confectionery, cakes, biscuits, sweetened cereals, sweet desserts, and jam/preserves as well as sugary drinks.
- **Sugars in** honey, syrups, fruit juices, and fruit juice concentrates occur naturally but still count as free sugars.
- **Sugars found naturally in** dairy products, fruit, and vegetables do not count as free sugars.



WHAT CAN PEOPLE DO?

- **Pay attention to sugar intake.** Adults should have no more than six teaspoons of added sugars per day. Children should have half this amount.
- **Check food labelling** and be mindful of sugar while cooking meals.
- **Avoid 'empty calories'**. For example, sugary drinks, such as soda, juice, sports and energy drinks, contain no nutritional value.
- **Favour water** as the main drink.
- **Avoid sugary snacks** in-between meals.



WHAT CAN GOVERNMENTS DO?

- **Run public health campaigns**, e.g., observe a national 'No Sugar Day'.
- **Make policy changes** that support sugar reduction strategies, such as:
 - clear nutrition labelling;
 - taxes and levies on sugar-sweetened beverages and on foods high in sugars;
 - advertising restrictions;
 - better food environments in public institutions;
 - access to clean water.

