

**BE PROUD
OF YOUR MOUTH**

Eat a balanced, low-sugar diet

FACT: Eating excessive amounts of sugar from snacks, processed foods, and drinks not only causes tooth decay (dental caries), but is a major contributor to obesity and increases the risk of diabetes.

www.worldoralhealthday.org



**World Oral
Health Day**
20 March



What you can do

Eat a well-balanced diet that is low in sugar and high in fruit and vegetables.

Adults should have no more than six teaspoons of sugar daily; for children it's three.

- Beware of sugars added to foods and drinks by manufacturers.
- Pay close attention to how much sugar you are adding when preparing your own meals.
- Avoid 'empty calories'. Sugary drinks, such as soda, juice, energy and sports drinks, are a main source of empty calories, which contain high levels of energy and no nutritional value.
- Do not eat sugary snacks and treats in-between meals. Having sugar throughout the day increases the risk of developing tooth decay.
- Favour water as your main drink. Consuming sugary drinks regularly (almost one can a day) is not only bad for your mouth, it increases the risk of developing type 2 diabetes.

Good oral health can help you live a longer, healthier life

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