

## *Dietary Control of Dental Decay*

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The following are examples of food containing large quantities of sugar. This is NOT a complete list, so when food shopping please be label conscious. Learn to read labels to know the sugar content of each serving, look for the words "high-fructose corn syrup" or sugar per serving in that food. When shopping for snacks, remember that raw fruits and vegetables are the best choices.

### **Try to avoid...**

- Apple and other fruit juices
- Soft Drinks
- Chocolate milk
- Jams and jellies
- Sugar coated cereals
- Donuts and pastries
- Candy, chewing gum
- Fruit Roll-ups/Fruit snacks
- Raisins/dried fruits

### **Good choices...**

- Nuts (after age 3)
- Popcorn (not sugar coated)
- Sugarless gum, candy, drinks
- Fresh fruit
- Hard boiled eggs
- Bologna, Salami

### **Foods best eaten with meals...**

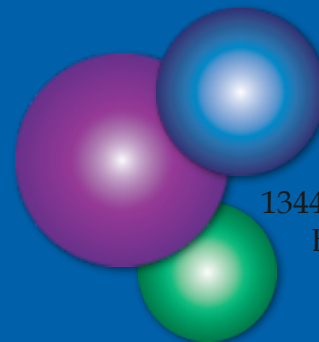
- Milk drinks, milkshakes
- Canned fruit
- Dried fruit
- Applesauce
- Fruit juices
- Peanut butter
- Potato and Corn chips
- Ice cream
- Desserts-cookies, pies, cakes, pudding

- Low sugar cereals
- Cooked cereals
- Pasta
- Cheese
- Fresh Vegetables
- Fruit flavored water without sugar added



## *The Sweet Facts*

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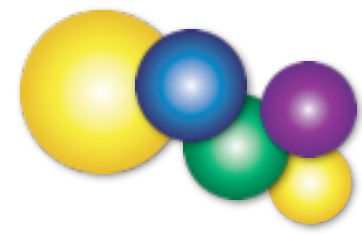


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## How Does Sugar Effect Dental Health?

Tooth decay occurs when bacteria break down sugars and starches in plaque. This forms acid which dissolves the nearby tooth enamel. Much of what children eat causes decay. Sugar is found in cow's milk, milk-based formulas, and even breast milk, which can cause decay.

Frequency - Frequent snacking on foods high in sugar and starches increases the amount of time the teeth are exposed to the dissolving effects of various acids. The frequency of snacking is more important than the amount of the snack. The most common source of sugar is found in soft drinks and juice drinks. Twelve ounces of Coke contains 20 teaspoons of sugar; twelve ounces of many fruit drinks contain 1/4 cup of sugar.

Form - Sticky foods are retained on the teeth and allow a longer time for acid production. High in sugar, sticky foods include peanut butter, fruit snacks, chewing gum, raisins, other dried fruits and many candies. Even starchy foods such as cereals, breads, crackers, pretzels and potato chips may linger in the mouth longer than some sweet foods. Just remember, foods that dissolve/melt are better choices than foods that stick!

## To Achieve and Maintain Optimal Dental Health:

- Do not allow infants to sleep with bottles containing sweetened liquids, fruit juices, milk or formula. Only use water for naps and night-time.
- Eat a balanced diet including fruits and vegetables, protein and dairy products.
- Minimize the number of between-meal snacks eaten each day, and limit sweets and juices to mealtimes.
- Sugarless chewing gum can help eliminate food particles caught between teeth after a meal and also helps prevent plaque build-up by stimulating saliva production.

## Sugar in Liquid Foods

Regular soft drinks provide youth and young adults with significant amounts of sugar and calories. Both regular and diet sodas affect American's intake of various vitamins and minerals.

| FOOD ITEM            | PORTION        | TSPS OF SUGAR |
|----------------------|----------------|---------------|
| Coke, Dr. Pepper.... | 1 can/12oz.... | 10 tsp or 40g |
| Mountain Dew....     | 8oz....        | 7 tsp         |
| Sprite....           | 8oz....        | 6 1/2 tsp     |
| Sunkist Orange....   | 8oz....        | 8 3/4 tsp     |
| Sweet Tea....        | 8oz....        | 4 1/2 tsp     |

(Instant sweetened with sugar)

1 Teaspoon Sugar = approximately 4 grams

12 Teaspoons = 1/4 cup

### What to Drink Instead of Soft Drinks....

- Water
- Milk
- Flavored Water

## The Sweet Facts

Most parents are confident that their children are eating very few sweets. But sugar is hard to avoid. Some percentage is found in almost everything we eat.

Commercial breakfast cereals in particular contain a large amount of sucrose and glucose. Sucrose is a sugar refined from sugar cane and beets. The glucose is sweet syrup drawn from fruit starches. Both of these are prevalent to some extent in all breakfast cereals.

But sugars are also found in many other foods children enjoy. If you are not sure about the sugar content of a product, read the label. Ingredients are listed relative to the amount in the product. Therefore, if sugar is listed first, there is more of it than any other ingredient.