



THE CANADIAN DENTAL
HYGIENISTS ASSOCIATION
L'ASSOCIATION CANADIENNE
DES HYGIÉNISTES DENTAIRES

Time to Tame that **Sweet Tooth**

A healthy diet is just as important for your teeth and gums as it is for the rest of your body. Sugar-rich foods and drinks increase the risks of tooth decay, obesity, type 2 diabetes, and heart disease. Carbonated soft drinks—high in both sugar and acid—contribute to the erosion of tooth enamel.

By reducing the amount of sugar we consume daily and developing good dental hygiene habits, we can keep cavities at bay and enjoy better overall health.

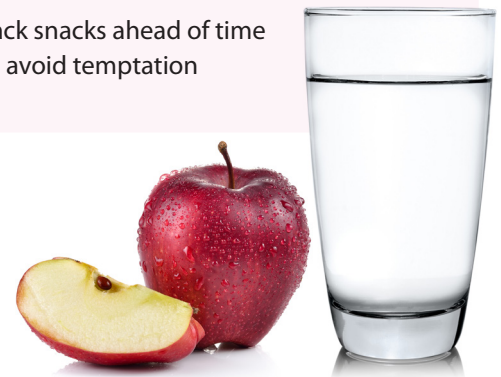
Where to Start?



- Read labels; “-ose” ingredients are high in sugar and should be avoided.
- Cut back gradually on added sugar until you can eliminate it altogether.
- Stop buying sugary cereals and drinks like sodas, energy drinks, and fruit punches.
- Set a daily limit on treats for your kids; a glass of water helps rinse away sugar after eating.
- Choose healthy snacks like apples, cheeses, and plain yogurt. Canada’s *Food Guide* has great suggestions!
- Brush your teeth twice a day for two minutes each time.
- Clean between your teeth and use an antibacterial mouthwash daily.

5 Simple Ways to Conquer Those Sugar Cravings

1. Make water your beverage of choice
2. Eat a variety of crunchy vegetables and fruits daily
3. Cook at home more often, using fresh, unprocessed foods
4. Use unsweetened applesauce instead of sugar when baking
5. Pack snacks ahead of time to avoid temptation



A healthy diet can include some sugar, but moderation is key. Ask your dental hygienist about healthy food and beverage choices at your next appointment. Together, you can keep smiles bright for a lifetime.



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Find more information at www.dentalhygienecanada.ca