



HOW TO KEEP YOUR CHILD'S TEETH HEALTHY

Love their smile



Kids love sweet things so getting them to eat less sugar is tricky. Plus, with sugar hidden in so many everyday foods and drinks, it can be hard to know what's healthy and what's not. However, it's important we do our best because sugar isn't just bad for kids' teeth. In the long term, it can also lead to more serious issues like obesity, heart disease and type 2 diabetes. But there are lots of easy and simple ways you can help reduce the amount of sugar your kids are eating.

How much Sugar is too much?

It can be difficult to know how much sugar we should have each day. Below are the national guidelines for recommended sugar intake for children:

4- 6 years old Maximum recommended added sugar intake per day: 19 grams,

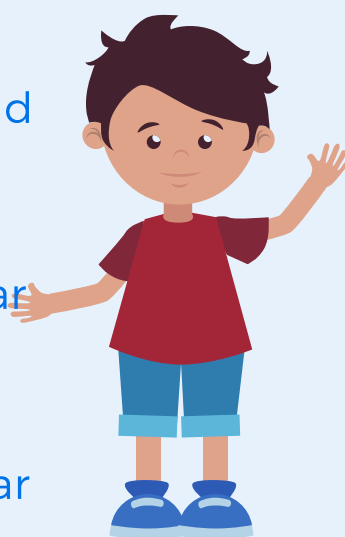
This is equal to **4 teaspoons of sugar**

7-10 years old Maximum recommended added sugar intake per day: 24 grams

This is equal to **5 teaspoons of sugar**

11+ years old Maximum recommended added sugar intake per day: 30 grams

This is equal to **6 teaspoons of sugar**



A can of fizzy drink has 7 teaspoons of sugar



A sweet muffin has 5 teaspoons of sugar



A bowl of ice cream has 8 teaspoons of sugar

All these snacks contain more than the maximum daily amount recommended for an 8 year old

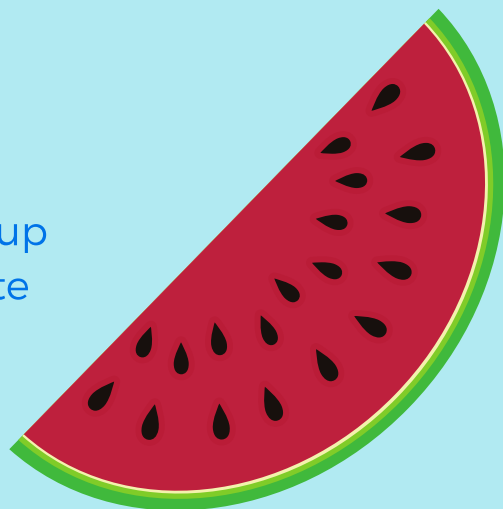
How can we reduce the amount of sugar we eat?

The main thing you need to avoid is added sugar. This is extra sugar that manufacturers add to sweeten food.

Watch out for words manufacturers put on labels that actually mean added sugar:



Cane sugar
Honey
Brown sugar
High fructose corn syrup
Fruit juice concentrate
Corn syrup
Fructose
Sucrose
Glucose
Crystalline sucrose
Nectars



Try to go for products with 'no added sugar' written on the labels. You will see it listed on lots of everyday items including cereal boxes and squashes and fruit juices.

What sugar swaps can we make to eat and drink less sugar a day?

Here are some simple swaps to help your kids eat less sugar. These may seem like big changes to make all in one go so you can always try introducing the swaps gradually to ease your family into a healthier diet.

SUGARY DRINKS

1

These make up a quarter of children's added sugar intake and should be the first thing to go from your child's daily diet. Swap fizzy juice, squashes, cordials and energy drinks for water, lower-fat milk, diet, sugar free or no added sugar drinks. You could try adding your kids' favourite fruit to water to make their very own flavoured water.

BREAKFAST

Swap sugary cereals for plain porridge (or porridge with fruit), plain wholewheat biscuits or plain shredded wholegrain.

2

PUDDINGS

Sugary puds are tasty but so are low-fat, low-sugar yoghurts, fresh or tinned fruits (in juice, not syrup), fruit salads and sugar-free jellies.

3

SNACKS

Swap sweets, biscuits, chocolates, cakes, muffins and pastries for fresh or tinned fruit (in juice not syrup), plain unsalted nuts, plain rice cakes or toast with low-fat spread.

4