

What non-tooth friendly snacks/drinks should my child be avoiding?

Non tooth friendly acidic foods and drinks include:

- Fresh fruit juice (orange, grapefruit, lemon)
- Fizzy drinks
- Pure fruit juice (from the carton)
- Flavoured water
- Lemons
- Grapefruit
- Chewable vitamin C tablets
- Some iron supplements

Non tooth friendly sugary foods and drinks include:

- Sugar and chocolate confectionery
- Cakes
- Buns, pastries, fruit pies
- Table sugar
- Sponge puddings and other pudding
- Biscuits
- Jams, preserves, honey
- Ice cream
- Sugared breakfast cereal
- Sugared soft drinks
- Sugared, milk-based beverages
- Dried fruits
- Syrups and sweet sauces
- Fruit in syrup



St George's Healthcare NHS Trust
St George's Hospital
Blackshaw Road
London SW17 0QT
Tel: 020 8672 1255
Website: www.stgeorges.nhs.uk

Preventing Dental Caries

Information for Patients or Carers

How do I help my child look after their mouth and teeth?

- Start tooth brushing twice per day (in the morning and before bedtime) as soon as your child's teeth begin to appear in the mouth.
- Use a soft toothbrush with a small round head.
- Children under three years should use a toothpaste containing no less than 1,000 ppm fluoride.
- Children above three years should use family fluoride toothpaste (1,350-1,500ppm fluoride) except for those who can't stop eating toothpaste.
- Use a small pea size toothpaste on the tooth brush and gently brush both teeth and gums.
- Try to avoid rinsing after tooth brushing as all the fluoride that protects your child's teeth will be washed away. Encourage your child to spit out the toothpaste, not swallow it.
- Adults should help children to brush their teeth until they are at least seven years old.
- Using disclosing tablets can help to show your child where the plaque/germs are on their teeth.
- Children above six years can rinse daily with **fluoride** mouth wash (0.05% sodium fluoride) for one minute.

What about my child's diet?

- Stop bottle feeding by one year of age and introduce your child to a drinking cup at six months.
- Only give your child plain water or plain milk to drink between meal times.
- Limit consumption of foods and drinks with added sugars to a maximum of four times a day.

- Sugary and acidic food/drinks should only be given at meal times.
- Sweets, chocolates, cakes and biscuits should only be given as a treat, ideally once or twice a week.
- Dilute all pure/fresh fruit juice and encourage your child not to drink fizzy drinks since they are very acidic and dissolve away teeth.
- Avoid brushing your child's teeth immediately after they have eaten or drunk anything acidic because this will speed up the process of dissolving away teeth.
- After brushing teeth at bed time avoid eating or drinking anything except water
- When your child is sick try to give them only sugar free medicine if possible.

What child friendly snacks can my child have?

Savoury sandwiches are a good sugar free snack.

Filling ideas include:

- cheese and carrot
- tuna and cucumber
- chicken and tomato
- egg and cress
- chicken and sweet corn
- sardines and tomato

Other ideas for sugar free snacks include:

- Fresh vegetables
- Savoury muffins
- Toast fingers
- Oatmeal biscuits
- Bread rolls
- Cheese
- Crisp bread
- Chapattis
- Cheese spread
- Natural yogurt
- Rice cakes
- Pitta bread
- Bread sticks
- Houmus
- Un-sweetened crackers