

Breakfast cereals

Eating a nutritious breakfast is a good way to start the day. When you wake up in the morning you usually haven't eaten for more than eight hours and your body is low in energy.

If you have a good breakfast you can concentrate better and have the energy to work through the morning.

Choose a breakfast cereal that is low in sugar, fat and salt and high in fibre. Nutritionists recommend that breakfast cereals contain no more than 20g of sugar per 100g of cereal, or 25g if fruit is added.

Medicines

Some medicines contain sugar.

Ask your doctor, dentist or pharmacist for medicines that are sugar-free and non-acidic.

Care for your teeth while taking medicines by:

- > Taking your medicine with a main meal, where possible.
- > Rinsing your mouth with water and then smearing a small amount of fluoride toothpaste onto your teeth. Do not brush your teeth directly after taking medicines. Children may have a drink of water if rinsing is difficult.
- > Cleaning your teeth twice a day using a toothbrush with soft bristles and a pea sized amount of fluoride toothpaste. Children 18 months - five years should use a pea sized amount of low fluoride children's toothpaste.



Sugar



For more information

**SA Dental Service
Health Promotion Unit
180 Flinders Street,
Adelaide SA 5000
Telephone: 8222 9016
Fax: 8222 9020
TTY: 8222 8390
www.sadental.sa.gov.au**

Interpreter services:
interpreters are available through
SA Dental Service. Staff can arrange
for an interpreter to contact you.
Please call 8222 9016 to arrange this.

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What can sugar do to your teeth?

Sugar in food and drink can start the tooth decay process.

- > Tooth decay is caused when bacteria in the mouth combine with the sugars and starches in food to produce acid.
- > This acid eats away the tooth enamel leaving holes.
- > Keep your teeth healthy and help prevent holes by limiting **how often** you have sugary food and drink.

Sugar has little nutritional value - it has calories but no vitamins, minerals or fibre.

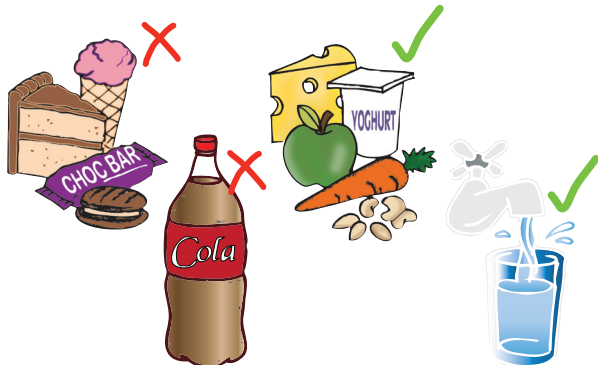
Limit the amount of sugar in your diet and replace high sugar food with healthy food.

How often you eat sweet food is important for tooth decay

It is not only the *amount* of sugar we eat or drink each day that affects our teeth, but also **how often** we have sugary food and drink.

Keep teeth healthy by reducing how often you eat sugary food.

- > Between meals, eat foods low in sugar such as fresh fruits, raw vegetables, nuts, cheese, crackers or yoghurt.
- > Plain tap water is the best drink between meals. Limit sweet food and drink (including fruit juices) to meal times or special occasions, like parties or birthdays.



Hidden sugars

You can't always taste the sugar in food and drink. Read each wrapper, can or packet to see how much sugar is in the product.

Ingredients are listed in order of amount. The product contains most of the ingredient listed first, and least of the ingredient listed last.

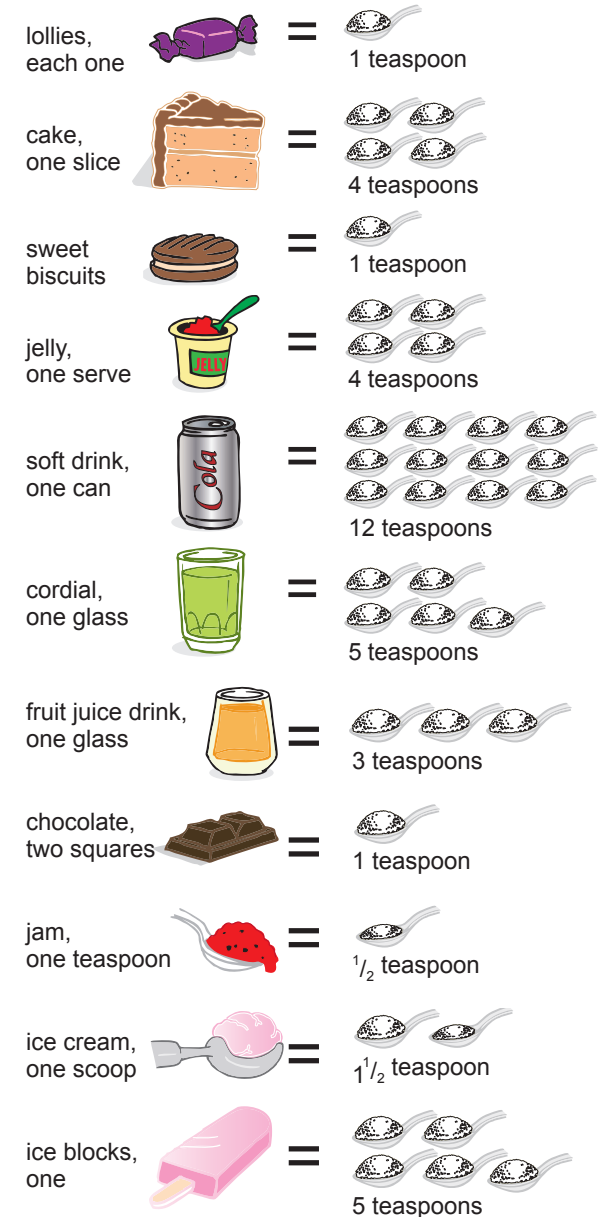
Sometimes sugars are listed as several different names.

Sugars may be listed as **white sugar, brown sugar, raw sugar, icing sugar, corn syrup, castor sugar, treacle, golden syrup, chocolate, honey, glucose, molasses, sucrose, fructose, lactose** and **maltose**.

Find out how much sugar is in a food product by checking the *Nutrition Information* panel. These panels are on most food items.

Nutrition Information	
Serving Size 375ml	Ave. Qty. per 100ml
Energy	195kj (47Cal)
Protein	4.9g
Fat, Total	0.5g
Saturated	0.3g
Carbohydrate, Total Sugars	5.5g 5.4g
Sodium	60mg
Calcium	160mg

The amount of sugar in common food items



*one teaspoon equals five grams of sugar