

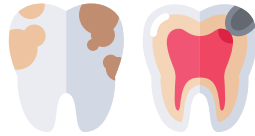
# HEALTHY MOUTH

## ⊖ healthy life



### Tooth decay is the most common chronic disease

Tooth decay occurs when bacteria in our mouths use sugars from foods and drinks to produce acids that attack tooth enamel (the hard outer layer of teeth). Tooth decay can cause pain, infection and tooth loss. Without treatment, it can destroy teeth and have a serious, lasting impact on overall health and quality of life.



### DENTAL DISEASE CAN BE PREVENTED BY 4 EASY STEPS



- 1 BRUSHING**  
teeth twice a day with fluoride toothpaste



- 2 FLOSSING**  
daily



- 3 LIMITING SUGAR**  
consumed in foods and drinks



- 4 VISITING THE DENTIST**  
for a check-up at least once a year

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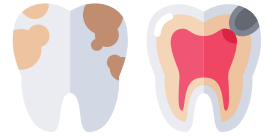
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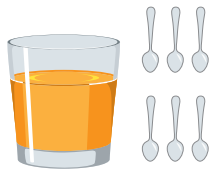


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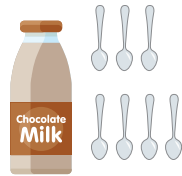
# How much sugar DO YOU DRINK?

## DID YOU KNOW

Soft drinks, fruit juice, sports drinks and energy drinks can contain 5-7 teaspoons of sugar in a 250ml glass.



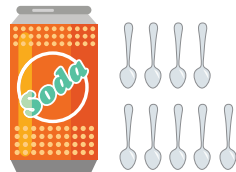
**X 6 TEASPOONS**  
of sugar in one 250ml  
cup of fruit juice



**X 7 TEASPOONS**  
of sugar in one 300ml  
serve of flavoured milk



**X 8.5 TEASPOONS**  
of sugar in one 600ml  
bottle of sports drink



**X 9 TEASPOONS**  
of sugar in one 375ml  
can of soft drink



**ZERO SUGAR**



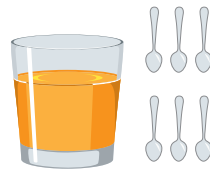
## DRINK TAP WATER

It's sugar-free. And in almost all of NSW it contains fluoride, which protects teeth against decay.

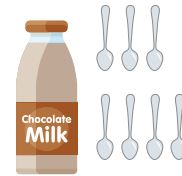
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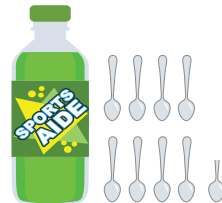
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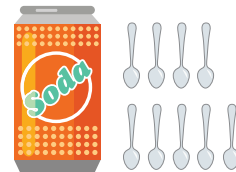
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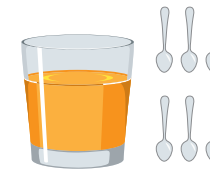
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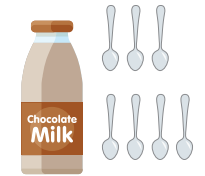
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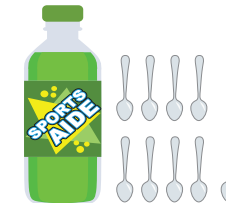
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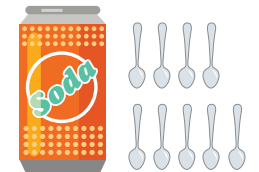
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