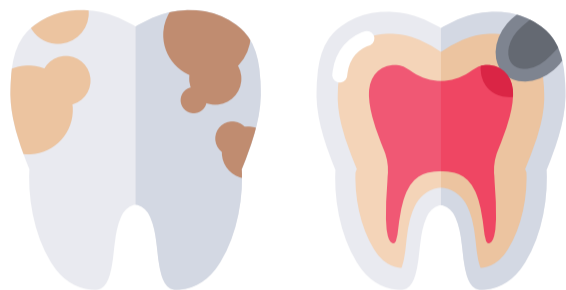


Looking after YOUR ORAL HEALTH



The most common dental diseases are preventable

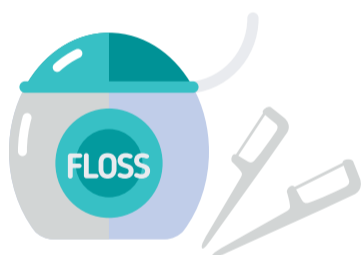
Tooth decay and gum disease are caused by bacteria on teeth and can cause pain, infection and tooth loss.



Dental problems can be prevented by

1 BRUSHING

teeth twice a day with fluoride toothpaste



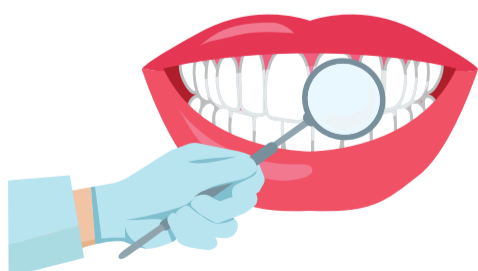
2 CLEAN BETWEEN TEETH

daily with floss or other cleaning aids



3 LIMITING SUGAR

consumed in foods and drinks



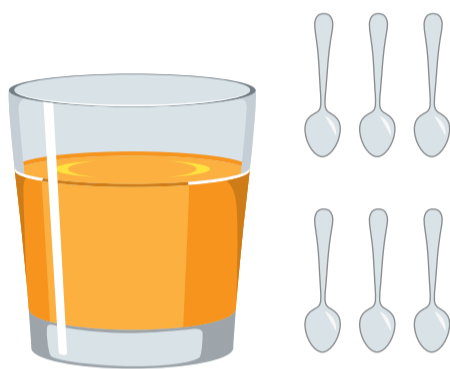
4 VISITING THE DENTIST

for a check-up at least once a year

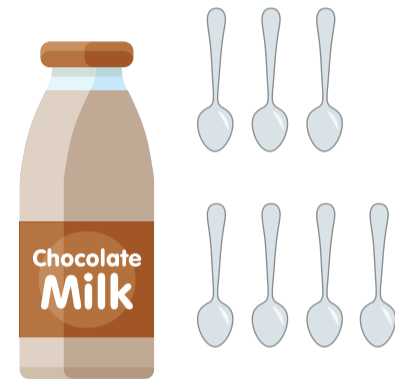
How much sugar DO YOU DRINK?

**DID YOU
KNOW**

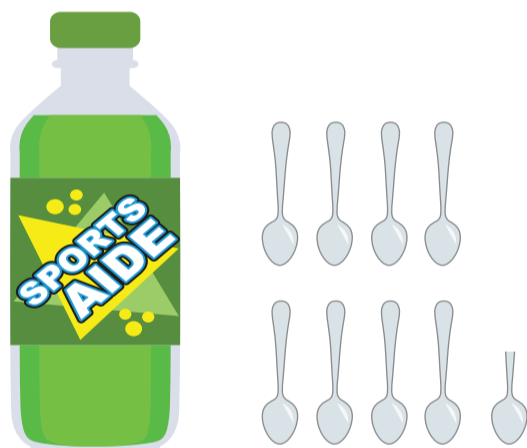
Soft drinks, fruit juice, sports drinks and energy drinks can contain 5-7 teaspoons of sugar in a 250ml glass. Sugars can increase the risk of tooth decay.



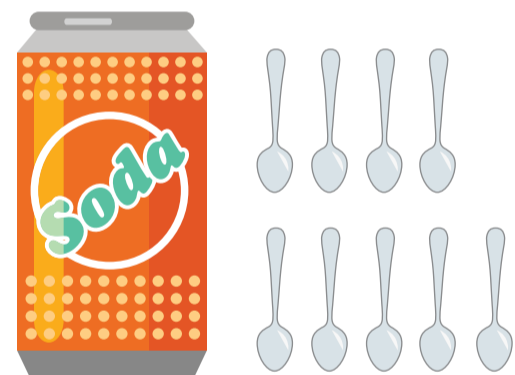
X 6 TEASPOONS
of sugar in one 250ml
cup of fruit juice



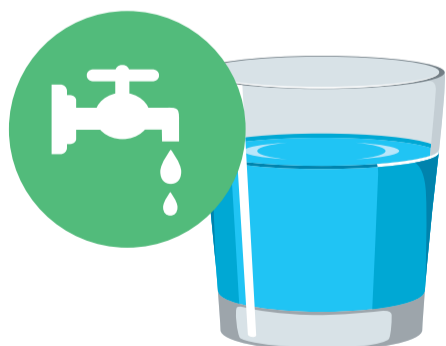
X 7 TEASPOONS
of sugar in one 300ml
serve of flavoured milk



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.