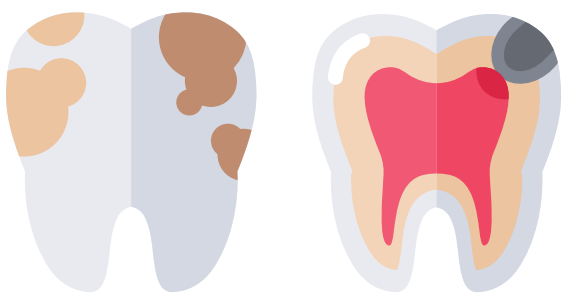


HEALTHY MOUTH

≡ healthy life



Tooth decay is the most common chronic disease

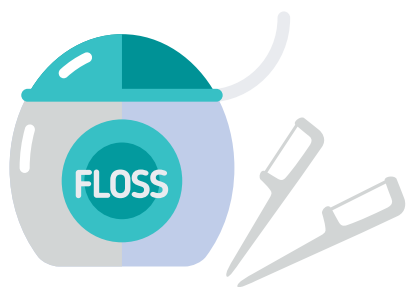
Tooth decay occurs when bacteria in our mouths use sugars from foods and drinks to produce acids that attack tooth enamel (the hard outer layer of teeth). Tooth decay can cause pain, infection and tooth loss. Without treatment, it can destroy teeth and have a serious, lasting impact on overall health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



Dental disease can be prevented by 4 easy steps

1 BRUSHING

teeth twice a day with fluoride toothpaste



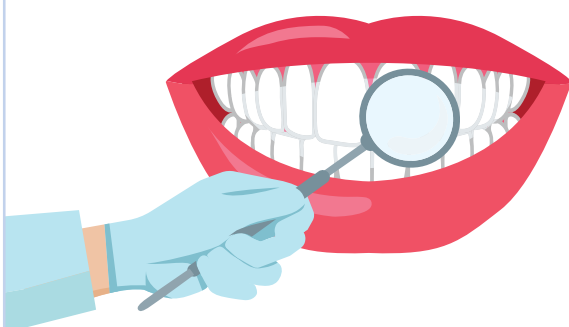
2 FLOSSING

daily



3 LIMITING SUGAR

consumed in foods and drinks



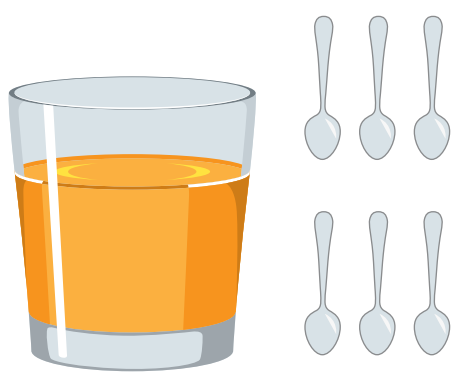
4 VISITING THE DENTIST

for a check-up at least once a year

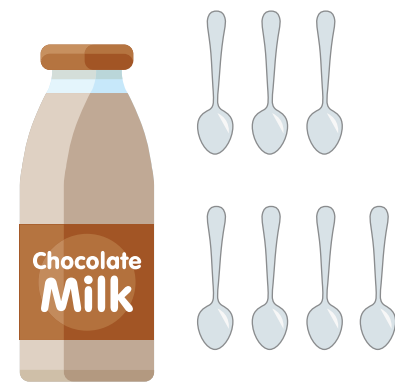
How much sugar DO YOU DRINK?

**DID YOU
KNOW**

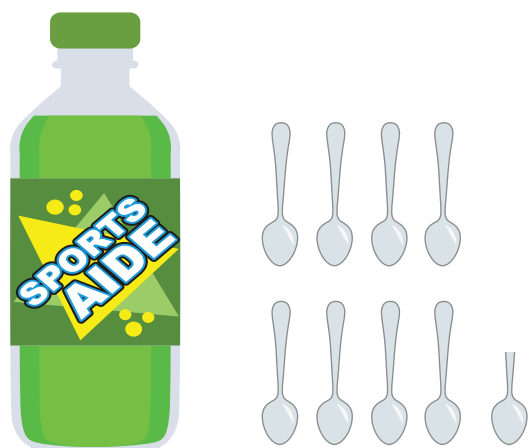
Soft drinks, fruit juice, sports drinks and energy drinks can contain 5-7 teaspoons of sugar in a 250ml glass.



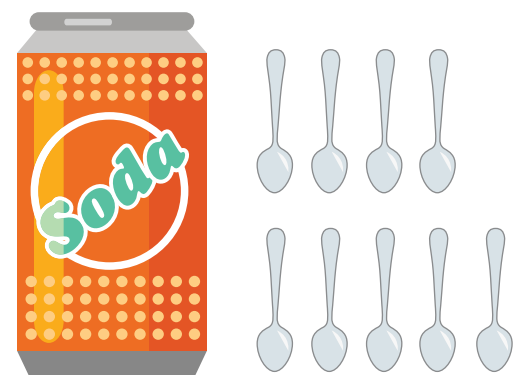
X 6 TEASPOONS
of sugar in one 250ml
cup of fruit juice



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.