

Food and drink for healthy teeth



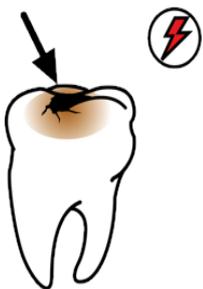
Eating healthily keeps gums and teeth **healthy**.



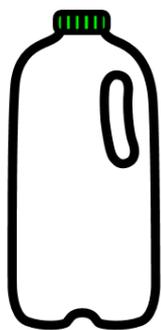
Foods that have sugar in can **damage** your teeth.



Sweet drinks and hot drinks with sugar can also cause **damage** to your teeth.



What you eat and drink between meals can cause **holes** in your teeth.



Drinks without sugar like milk and water help to **protect your teeth**.

Try to choose 'diet' or 'low sugar drinks'.



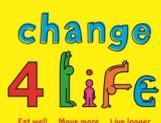
Savoury food like fruit, vegetables, nuts and cheese help to **protect your teeth**.



Visit the dentist **every 6 months** or as often as they say.

If you do not have a dentist you can find one by visiting www.nhs.uk or calling 111.

The Adult Social Care Team can also help you: 01753 475111, option 1.



Small changes can make a big difference. For more information visit www.change4life.co.uk