





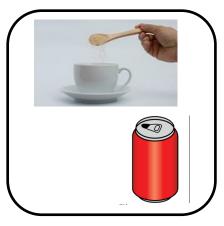
Food and drink for healthy teeth



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



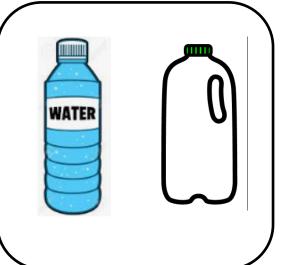
Foods that have sugar in can damage your teeth.



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

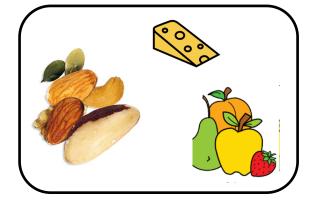


What you eat and drink between meals can cause **holes** in your teeth.



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 <u>www.nhs.uk</u> 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

Oxfordshire Community Dental Service

Oxford Health NHS Foundation Trust, Astral House, Granville Way, Bicester, OX26 4JT

Email: Oral.Health@oxfordhealth.nhs.uk

Oral Health Improvement team: 01865 904040 Website:www.oxfordhealth.nhs.uk

Health and social care professionals may order this and other resources from hpu.oxfordhealth.nhs.uk Easy read leaflet CY 039.19