

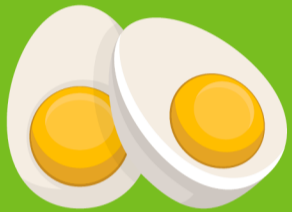


# Healthy Eating and Oral Health

**A healthy balanced diet is good for our teeth and gums**

**A healthy diet should include:**

## Protein



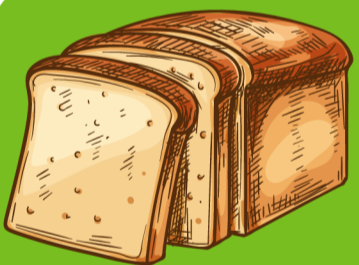
- Fish
- Meat
- Tofu
- Eggs
- Nuts
- Pulses

## Fruit and vegetables



Try to eat 5 portions of fruit and vegetables a day

## Carbohydrates

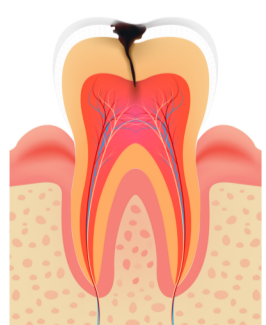


- Bread
- Rice
- Pasta
- Potatoes

## Dairy and Plant Alternatives



- Milk
- Cheese
- Yoghurt
- Almond/Soya/Oat/Rice milk



- **Sugary foods and drinks are the main causes of tooth decay**
- **Avoid sugary snacks between meals**
- **This allows saliva to protect your teeth**