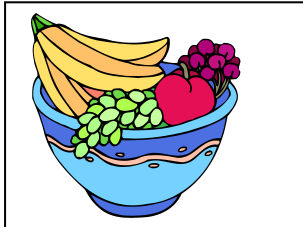


Safe Snacks

Every time you eat or drink anything containing *sugar*, the *bacteria* in the *plaque* changes the *sugar* into *acid*.

This *acid* stays in your mouth for over 20 minutes, which eats away at your enamel of your teeth and eventually causes tooth decay. Cut down on the number of times you consume sugary things.



Fresh fruit e.g. apples, pears, plums, grapes, oranges, peaches.

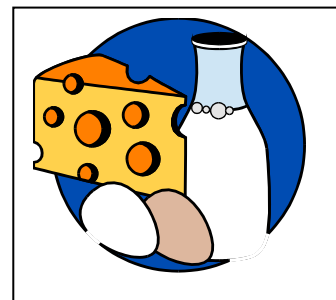


Raw vegetables e.g. carrots. Salad, celery, cucumber, tomatoes.



Bread, savoury sandwiches, toast, bread sticks, crackers.

Cheese, yoghurt, fromage frais,
Egg, jacket potato, milk, water.



Remember

Eat sweet things after meals, choose safe snacks.

Brush teeth twice a day with fluoride toothpaste.

Visit the dentist regularly for a check up.

Always keep your dental appointment.