



# Sugar: a sticky situation

For a healthy diet limit the amount of 'added' sugar you eat or drink because too much sugar increases the risk of dental decay and serious health problems.

## Where is sugar found in our diet?

- Natural sugars found in fruits, vegetables and milk provide long lasting energy as well as vitamins, minerals and nutrients.
- Added Sugars such as sugar, honey or fruit concentrate are sugars added to foods and drinks by home cooks and manufacturers. These have no nutritional value.
- Other names for sugar include: sucrose, brown sugar, raw sugar, honey, fruit concentrate, treacle, icing, fructose, golden syrup, and many more.

### Having too much sugar too often can lead to dental decay



Plaque bacteria (germs) on teeth feed on sugars in food and drinks and make plaque acid



The acid attacks the tooth



Many plaque acid attacks over time can cause dental decay

## Making healthy choices

- It is recommended to consume **less than 25g** (6 teaspoons) of "added" sugar daily.
- Look for this nutritional information on the label.
- Compare the amount of sugar in the per serving column.



Nutrition Information		
Serving size	Per serving	Per 100g
300g		
Energy	18900KJ	630 KJ
	450 Cal	150 Cal
<b>Sugars</b>	<b>24.0 g</b>	<b>8.0 g</b>

1 teaspoon = 4 g

Best Choice (g/100g)	Choose Carefully (g/100g)	Poor Choice (g/100g)
Less than 4g	4-16g	More than 16g

## Be careful with food as a reward

- ..... Using sugary foods and drinks as a reward can lead to an unhealthy connection.
- ..... Children and adults may link success and good behaviour with sugary foods and drinks.

## Medicines

Ask your doctor or pharmacist for sugar-free medicine. Sugary medicines can cause dental decay if used often and for a long time. After taking these medicines, rinse your mouth with water and rub a pea sized amount of fluoride toothpaste onto your teeth.

## Tips to keep a healthy smile

- Limit sugary foods and drinks. It's best to have them with a meal.
- Drink tap water when thirsty.
- Chew sugar free gum to increase saliva which helps to dilute acid.
- Brush twice a day with fluoride toothpaste.
- Spit, don't rinse after brushing.
- Have regular dental check-ups.

**For further information please discuss with your dental practitioner**

### Would you like more information or to provide feedback?

This document can be made available in alternative formats such as braille, audio tape or electronically on request.

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