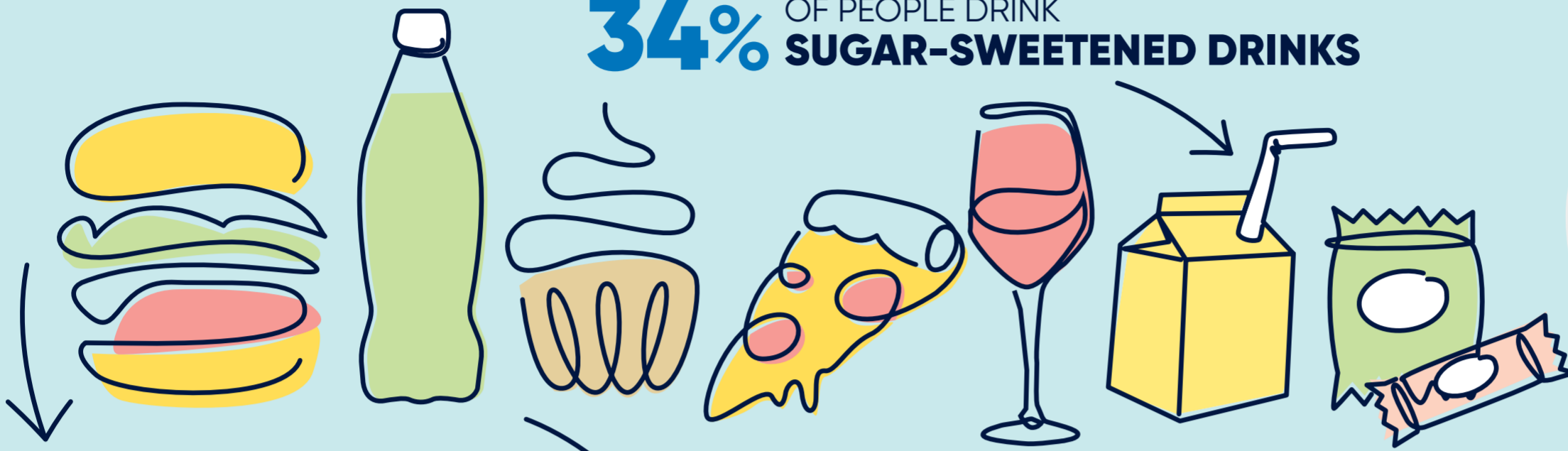




NUTRITION AND DENTAL HEALTH

34% OF PEOPLE DRINK **SUGAR-SWEETENED DRINKS**



JUNK FOOD AND DRINKS ARE LOW IN ESSENTIAL VITAMINS AND MINERALS

35% PERCENTAGE OF KILOJOULES AUSTRALIANS GET FROM **JUNK FOODS AND DRINKS**

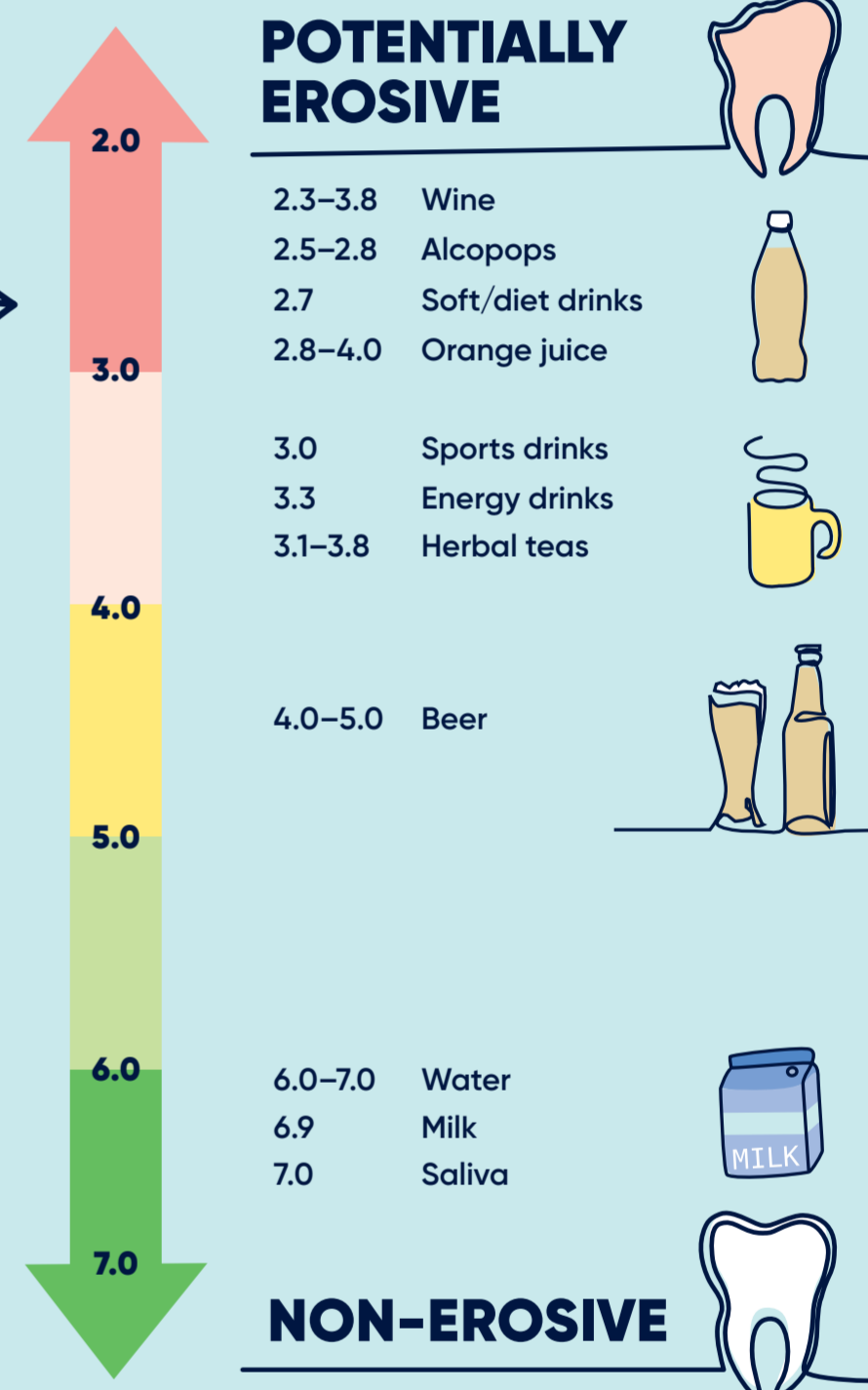
most of this is from cakes, muffins, scones, followed by pastries, wine, beer and soft drinks

DIET SOFT DRINKS contain less kilojoules but they too are **ACIDIC**



MANY SUGAR-SWEETENED DRINKS, PARTICULARLY SOFT DRINKS AND SPORTS DRINKS, HAVE A HIGH ACIDITY AND CAN BE A FACTOR IN DENTAL EROSION, AS WELL AS THE SUGAR ITSELF (CONTRIBUTING TO DENTAL DECAY)

POTENTIALLY EROSIIVE



NON-EROSIVE

ONLY

1/2 men



1/4 women

GET ENOUGH CALCIUM IN THEIR DIET

MILK, CHEESE AND YOGHURT ARE THE RICHEST SOURCE OF CALCIUM IN THE AUSTRALIAN DIET BUT MOST AUSTRALIAN ADULTS AND CHILDREN NEED MORE SERVES FROM THE DAIRY FOOD GROUP



NUTRIENTS NATURALLY PRESENT IN MILK, CHEESE AND YOGHURT SUCH AS CALCIUM, CASEIN AND PHOSPHORUS PLAY A ROLE IN HELPING TO **PREVENT DENTAL DECAY**

MILK, CHEESE AND YOGHURT ARE **NOT** LINKED TO WEIGHT GAIN OR RISK OF OBESITY



MILK AND WATER ARE THE **RECOMMENDED DRINKS FOR CHILDREN**

MILK IS NON-ACIDIC AND CONTAINS TEETH FRIENDLY NUTRIENTS



TAP WATER IS NON-ACIDIC, SUGAR-FREE AND CONTAINS FLUORIDE WHICH ALSO HELPS REDUCE DECAY



HARD CHEESE EATING HARD CHEESE HELPS TO STIMULATE SALIVARY FLOW WHICH REDUCES THE ACID LEVELS IN THE MOUTH AFTER MEALS

TOP TIPS



CHOOSE HEALTHY SNACKS SUCH AS FRESH FRUIT, VEGETABLE STICKS, YOGHURT OR CHEESE



DRINK FLUORIDATED TAP WATER AND PLAIN MILK INSTEAD OF SOFT DRINKS, JUICE OR CORDIAL



EAT A SMALL AMOUNT OF **HARD CHEESE** AFTER MEALS