

Top tips for teeth

Our wellbeing poster this week is taken from [Public Health England](#) and encourages us to look after our teeth:

Three key tips for parents:

- Be sugar smart – make healthier food and drink choices by swapping out sugar.



- Visit the dentist regularly – trips to an NHS dentist are free for pregnant women and anyone under the age of 18 (19 if in full time education).



- Brush your teeth twice a day.



How to be sugar smart:

- 4-6 year olds should have no more than 19g of sugar a day (5 sugar cubes).
- 7-10 year olds should have no more than 24g of sugar a day (6 sugar cubes).
- 11+ year olds should have no more than 30g of sugar a day (7 sugar cubes).
- Avoid sugary food and drinks before bedtime.
- Sugary foods should be eaten less often and only at mealtimes.
- Sugary drinks have no place in a child's daily diet. The best drinks are lower fat milks and water.
- Fruit and vegetable juices contain vitamins and minerals and can count as one of a child's five a day. However, intake should be limited to 150ml a day and should only be consumed at mealtimes .
- Parents don't need to worry about sugar in lower fat milks or plain low fat, lower sugar yoghurts.
- Don't replace sugary snacks with salty ones. Recommend snacks include as plain homemade popcorn or rice cakes.