

1. Be Sugar **Aware**



- Water and milk are the safest drinks for your teeth.

- Keep sugary treats and drinks to a mealtime, use a straw for maximum protection.



- In-between meals, snack on foods that won't damage your teeth.

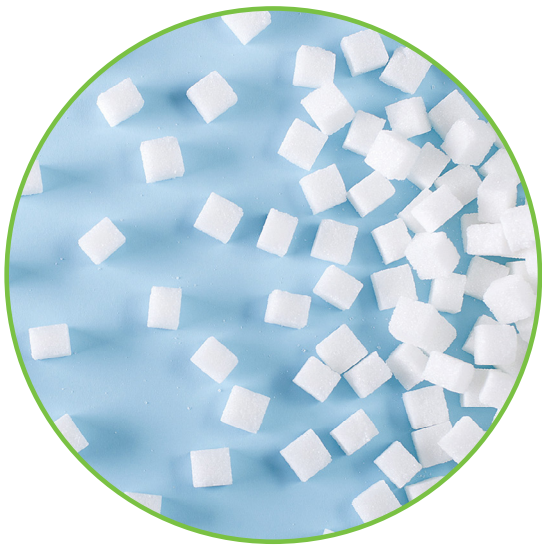


2. Read the **labels**

You are looking for 'of which sugars'

3. Sugar **intake**

| Age | Recommended maximum added sugars intake | Sugar cubes |
|--------------------------------|---|-------------|
| 1-3 years | No more than 10g / day | 2 cubes |
| 4-6 years | No more than 19g / day | 5 cubes |
| 7-10 years | No more than 24g / day | 6 cubes |
| From 11 years including adults | No more than 30g / day | 7 cubes |



For more information visit:

- www.childsmile.nhs.scot
- www.grampiandental.com

Dental Information and Advice Line (DIAL)

The Dental Information and Advice Line (DIAL) is available for patients to talk to qualified dental nurses between 8.05am and 6.00pm, Monday to Friday. DIAL can:

- Assist you to find an NHS dentist.
- Assess your needs and give you an emergency appointment if necessary.
- Give you advice for dental problems.

The telephone number for DIAL is:
0345 45 65 990
www.grampiandental.com



Use a smear amount of toothpaste for up to three year olds.



Use a pea sized amount of toothpaste.



Brush top teeth on the outside (Cheek side).



Brush inside of your teeth (Palate side).



Brush biting surface.



Brush bottom teeth on the outside (Cheek side).



Brush inside of your teeth (Tongue side).



Brush biting surface.

(1a, 1b, Children under 7 need to be supervised while brushing).

A **guide** to brushing your teeth and gums.



Ensure you use a fluoride toothpaste at a strength between 1000 - 1500ppmF.



Spit - Do not rinse.