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Sugar and Oral health

*“health is like money,
we never have a true
idea of its value until
we lose it”*

By Josh Billing

Hello members,

I hope everyone is keeping healthy and enjoying the beautiful weather. I hope you have managed to start thinking about your habitual behaviour. It is important for you to realise that your oral health and fitness is related to what you eat. So, eating well means eating a balanced diet so your body can use nutrients needed for good oral health and wellness.

Why does eating affect oral health?

Based on Nutritionists and Dentists, eating a poor diet can lead to tooth decay and gum disease and they have suggested that foods high in carbohydrates, sugars and starches significantly contribute to the plaque acids production which leads to teeth cavities.

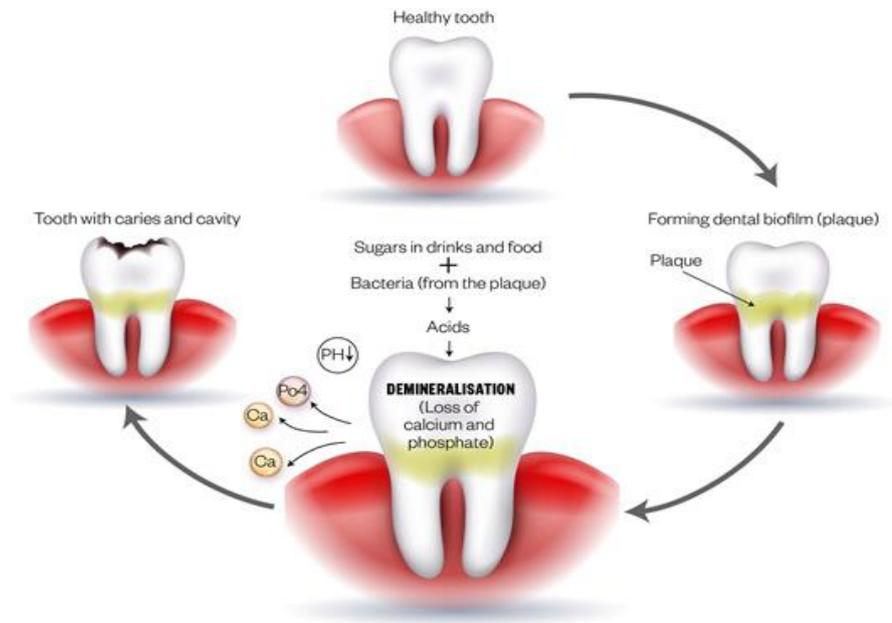


Figure 1: Tooth with caries

Source: Mclean / Shutterstock.com

Almost all foods can contain sugars including milk, vegetables and fruits. However, it is important to check the food label by reading the nutritional information during shopping.

A healthy diet can help reduce your risk of developing different type of diseases such as heart disease and high blood pressure.

Stop you gaining weight, and reducing your risk of diabetes.

As well as promotes healthy teeth and gums

This information can be found in the back side of the food package; you should consider the term sugar when you buy your food. In the food label you can see “Carbohydrate (of which sugars)” figure.

Nutrition information			
Typical values	Per 100g	Per 1/2 pot	% based on GDA for women
Energy	256 kJ 61 kcal	320 kJ 76 kcal	3.8%
Protein	4.9g	6.1g	13.6%
Carbohydrate	6.9g	8.6g	3.7%
of which sugars	6.9g	8.6g	3.7%
of which starch	nil	nil	-
Fat	1.5g	1.9g	2.7%
of which saturates	0.9g	1.1g	5.5%
mono-unsaturates	0.4g	0.5g	-
polyunsaturates	nil	nil	-
Fibre	nil	nil	nil
Salt	0.2g	0.3g	5.0%
of which sodium	trace	0.1g	4.2%
Vitamins & minerals			
Calcium	168mg	210mg	26%

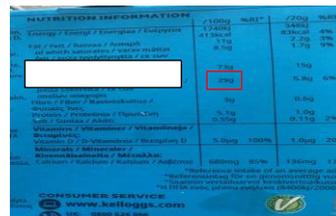


Figure 2: Food labels: Nutrition information

The figure may be given in grams of sugars per 100g or by portion size. It is important to remember frequently eating sugar is the issue and you should consider the amount of sugar you take over a day.

Based on NHS Choices, 2011 sugar in food divided to three

High sugar is more than 15 g sugar per 100 g of the food
Medium sugar is between 5 g and 15 g per 100 g of the food
Low sugar is 5 g or less per 100 g of the food

How much sugar can we eat per day?

The government recommendation that free sugar (added sugars and natural sugars from fruit, vegetable, milk and syrup or honey) should not exceed **5 %** of your consumed calories. No more than **7 cubes (30 g) per day for adults**, **6 sugar cubes (24g) for children age between 7-10** and **5 sugar cubes (19g) for Children aged 4 to 6.**

However, for children less than 4 there is no guideline but it is recommended to avoid adding sugars to their meals or give them sweetened drinks. So it is vital to cut down consumed sugar from your food and drinks.

So now you know Red, amber and green are food coding indicating the high, medium and low so when you are stuck between two products always go for green

Tips to reduce sugar

- ✚ Drink water or lower-fat milk instead of fizzy drinks, sugary squash.
- ✚ Limit drinking juices or smoothies to 150ml a day.
- ✚ Try diluting no-added-sugar.
- ✚ Reduce the added sugar to your coffee and tea until you cut it down.
- ✚ Use lower-fat cream cheese in your breakfast instead of marmalade.
- ✚ Check food labels and buy the food that has less added sugar.
- ✚ Eat fresh fruit and vegetables instead of processed food.

Hope these tips helped you and will help make positive changes to your lifestyle.

Till next time, stay safe and happy and stay connected!!!!

