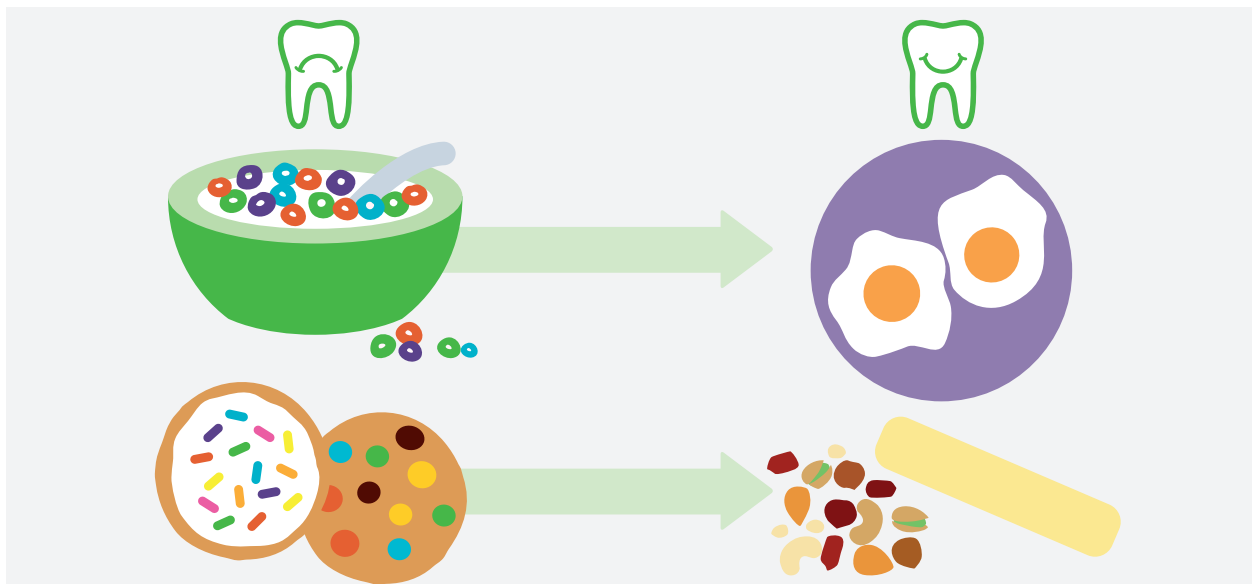


sugar swaps

Can you make two healthy food choices every day for a week?

Having a healthy smile is pretty sweet – and eating less sugar is one way to keep it that way. For the next week, think about what you eat for breakfast, lunch, dinner and snacks. If you’re about to eat something sugary, swap it for a healthier choice. **Try to make two trades every day for a week!**

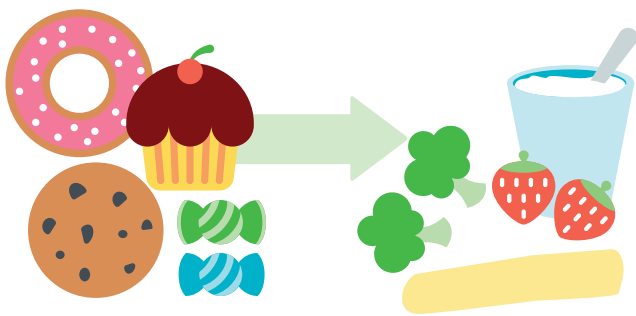


Sun	→	
Mon	→	
Tue	→	
Wed	→	
Thu	→	
Fri	→	
Sat	→	

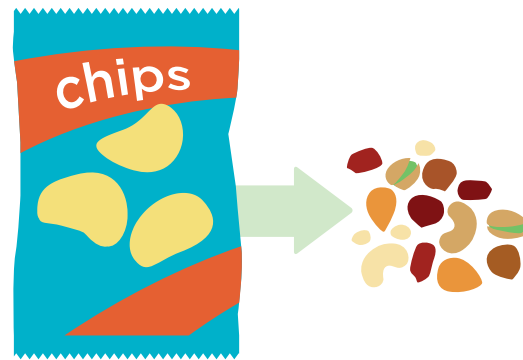
sugar isn't so sweet

*Sugar may **taste** sweet, but it's not very nice to your teeth. Sugar can cause tooth decay when the bacteria in plaque – a soft, sticky film that forms on teeth – turns it into acids. These acids can eat through tooth enamel – the hard, protective surface of your teeth.*

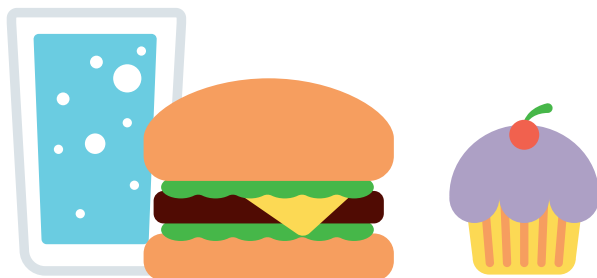
Here's how you can make healthier choices when it comes to sugar:



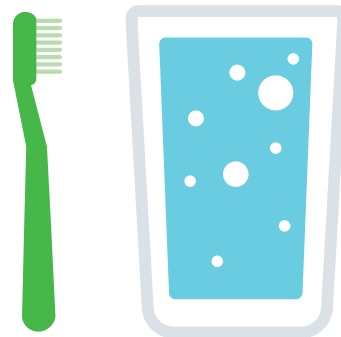
Make healthy food swaps. Instead of munching on cookies, cakes and candies, **try yummy snacks that are sugar-free or have less sugar in them.** String cheese, fresh fruit, raw veggies and plain yogurt are all delicious and good for your teeth.



It's not just sweets that have sugar! **Foods that contain a substance called starch also break down into sugars.** Most crackers and chips have starch in them. If you're in the mood for a crunchy treat, try eating some nuts.



If you do eat sweets, it helps to eat them with meals. When you eat a meal, you chew a lot – and when you chew a lot, you make a lot of saliva. **Saliva helps rinse food pieces and sticky spots off of your teeth!**



Make sure you brush your teeth with fluoride toothpaste after you eat foods with sugar. **If you don't have a toothbrush handy, drink a glass of water or chew sugar-free gum to help rinse the sugar away from your teeth.**