

AUCKLAND REGIONAL DENTAL SERVICE

Working with the community for healthy mouths

Free dental care provided by Waitemata DHB - 0800 TALK TEETH (0800 825 583)

How much sugar is in the foods we eat? How much sugar is in the foods we drink?

FOODS THAT ARE SUGARY AND STICKY CAN CAUSE TOOTH DECAY.

Yoghurt, milk, other dairy food and fruit:

Have some sugar, but are an important part of our diet

Bread and crackers:

Less than one teaspoon of sugar

Cereal and popcorn bars:

2 teaspoons of sugar - Sticky!

Muesli bars:

3 teaspoons of sugar - Sticky!

Fruit roll ups:

5 teaspoons of sugar - Sticky!

'Cookie Time' cookies:

6 teaspoons of sugar

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DRINKS THAT ARE SUGARY AND STICKY CAN CAUSE TOOTH DECAY.

Water:

No sugar.

Flavoured milk:

4 teaspoons sugar in a carton

Drink concentrate e.g. Raro and Refresh:

4 teaspoons in a small cup

Fruit juice:

6 teaspoons of sugar in a carton

Sports Drinks e.g. Gatorade & Powerade:

8 teaspoons of sugar in a bottle

Coca cola, Lemonade, Fizzy Drinks:

10 teaspoons of sugar in a can









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Waitemata
District Health Board