

# Food and drink for healthy teeth



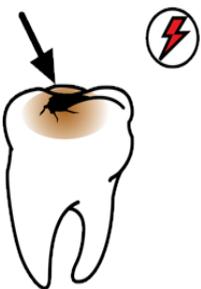
Eating healthily keeps gums and teeth **healthy**.



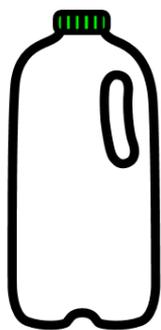
Foods that have sugar in can **damage** your teeth.



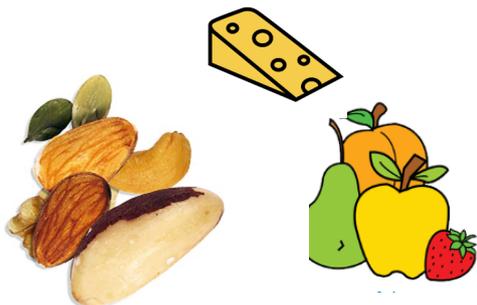
Sweet drinks and hot drinks with sugar can also cause **damage** to your teeth.



What you eat and drink between meals can cause **holes** in your teeth.



Drinks without sugar like milk and water help to protect your teeth.



Savoury food like fruit, vegetables, nuts and cheese help to **protect your teeth**.



Visit the dentist **every 6 months** or as often as they say.

If you do not have a dentist you can find one by visiting [www.nhs.uk](http://www.nhs.uk) or calling 111. The Learning Disability team can also help you. South LD Team 01865 903100, City LD Team 01865 904555, North LD Team 01865 903500



Small changes can make a big difference. For more information visit [www.change4life.co.uk](http://www.change4life.co.uk)

Oxfordshire Community Dental Service

Oxford Health NHS Foundation Trust, Astral House, Granville Way, Bicester, OX26 4JT

Email: [Oral.Health@oxfordhealth.nhs.uk](mailto:Oral.Health@oxfordhealth.nhs.uk)

Oral Health Improvement team: 01865 904040 Website: [www.oxfordhealth.nhs.uk](http://www.oxfordhealth.nhs.uk)

Health and social care professionals may order this and other resources from [hpu.oxfordhealth.nhs.uk](http://hpu.oxfordhealth.nhs.uk)

Easy read leaflet OH 058.19