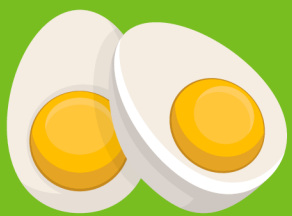




Healthy Eating and Oral Health

A healthy balanced diet is good for our teeth and gums

A healthy diet should include:



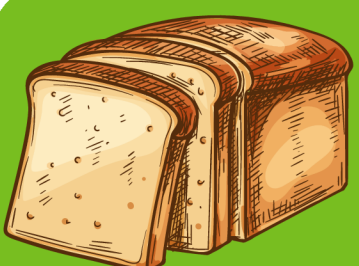
Protein

- Fish
- Meat
- Tofu
- Eggs
- Nuts
- Pulses



Fruit and vegetables

Try to eat 5 portions of fruit and vegetables a day



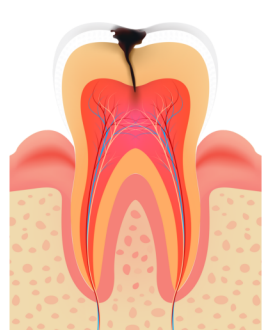
Carbohydrates

- Bread
- Rice
- Pasta
- Potatoes



Dairy and Plant Alternatives

- Milk
- Cheese
- Yoghurt
- Almond/Soya/Oat/Rice milk



- Sugary foods and drinks are the main causes of tooth decay
- Avoid sugary snacks between meals
- This allows saliva to protect your teeth