

Make a meal of it

The risk of tooth decay is increased by too much sugary food and drink. Despite improvements to the dental health of children in the UK in recent years, many still suffer serious decay. But sugar-free does not necessarily mean tooth safe. Erosion of tooth enamel is caused by acidic food and drinks including diet versions of fizzy drinks, smoothies and fruit juices/squashes, and affects the majority of children in the UK by the time they are 12 years old.



Snacking outside regular mealtimes, which increases the risk, is encouraged by:

- Aggressive marketing at shop checkouts
- Vending machines packed with fizzy drinks and sweets
- The pushing of bucket-sized portions of junk food in cinemas.

Parents can help safeguard their children's oral health by ensuring they:

- Brush twice a day with fluoride toothpaste
- Limit sugary foods to mealtimes
- Provide plain water or milk to drink
- Restrict the frequency of snacking
- Have regular visits to their dentist.

Poor dental health amongst children in the UK is unacceptable and avoidable.

It's time to make a meal of it.

Show your support:

- on Facebook at: www.facebook.com/thebritishdentalassociation
- on Twitter: #MAMOI
- and by signing a petition at: www.bda.org/makeamealofitpetition

You can also access the petition by scanning the QR code.



BDA
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www.bda.org/makeamealofit