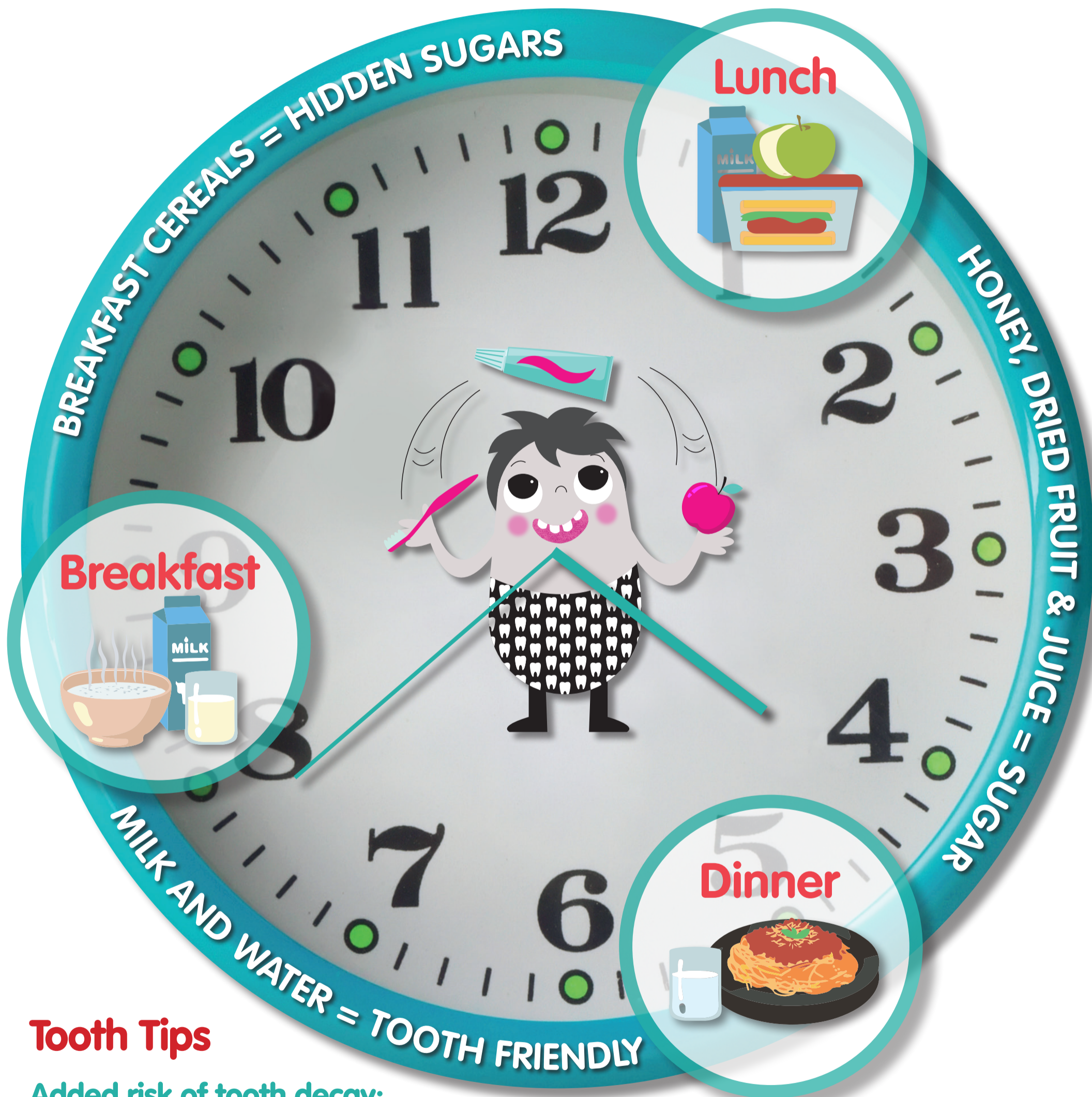


THE SUGAR CLOCK

The number of times you have sugar increases your risk of tooth decay



Tooth Tips

Added risk of tooth decay:

- Sugar between meals.
- Sweets & fizzy drinks.

Less risk of tooth decay:

- Healthy snacks like fresh fruit or vegetables.
- Sugary treats taken at mealtimes and only once or twice a week.

