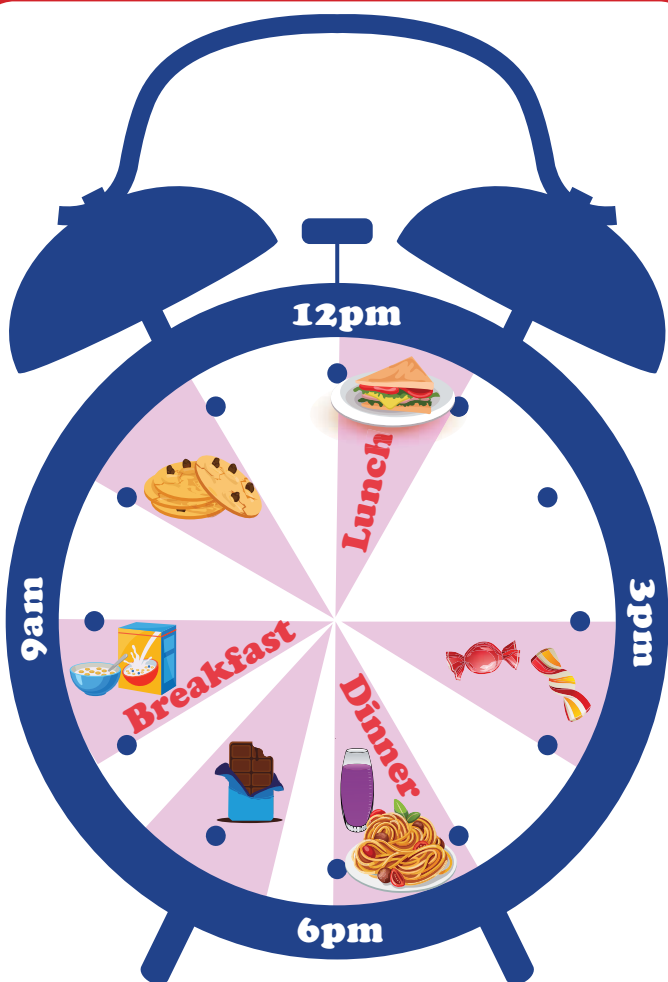


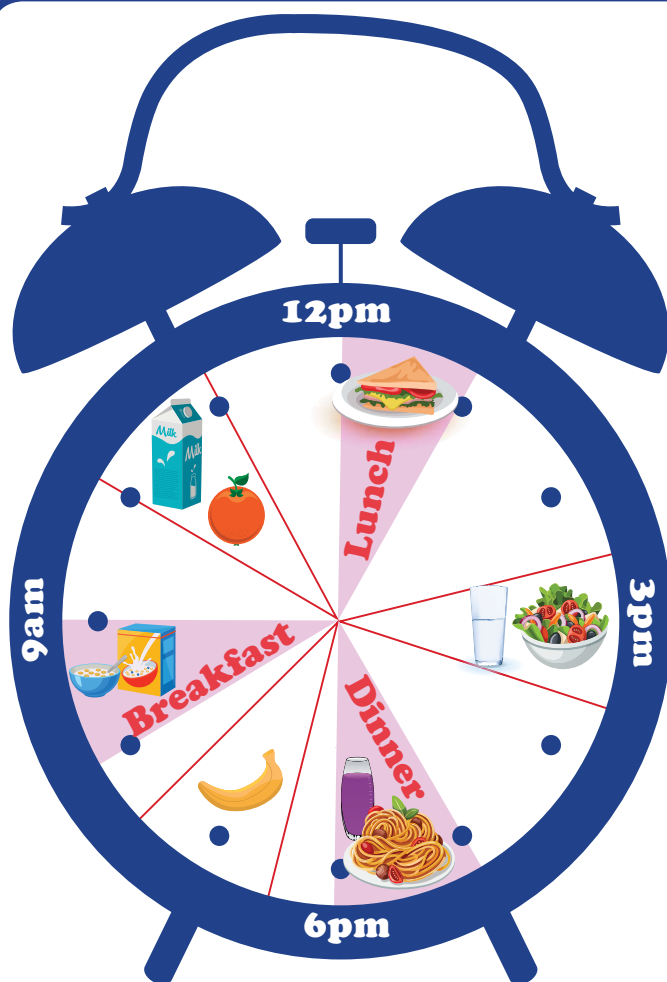
It's not the amount of sugar in food or drink that causes damage to teeth, it's the number of times you have sugar

Choose healthy snacks between meals. Best drinks are milk and water

Sugar taken between meals means more risk of tooth decay



Sugar taken at mealtimes means less risk of tooth decay



In order to avoid health risks like weight gain and tooth decay, the World Health Organisation recommends adults and children reduce their daily intake of free sugars to less than roughly 25 grams (6 teaspoons) per day.

This applies to added sugar as well as sugar naturally present in honey, syrups, fruits juices and juice concentrates.

