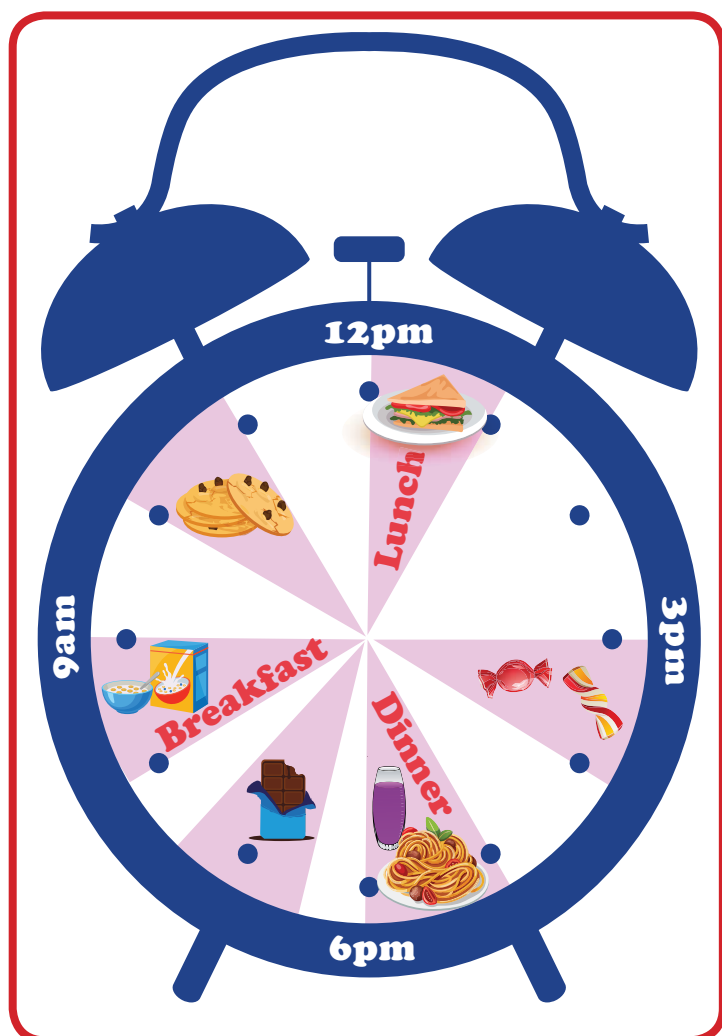
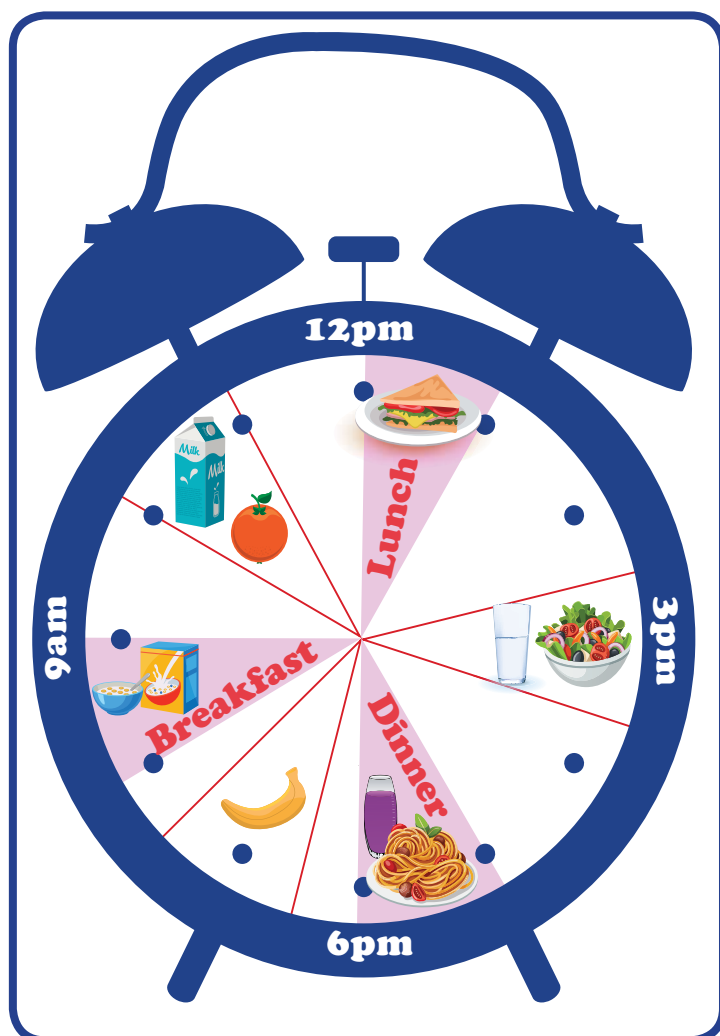


It's not the amount of sugar in food or drink that causes damage to teeth, it's the number of times you have sugar

Sugar taken between meals means more risk of tooth decay



Sugar taken at mealtimes means less risk of tooth decay



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



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