

# Education Pack:

# Oral Health



## This Pack Includes:

- ⇒ Tips and ideas for healthy packed lunches
- ⇒ Healthy choices for snacks
- ⇒ How much sugar is in different types of foods and drinks



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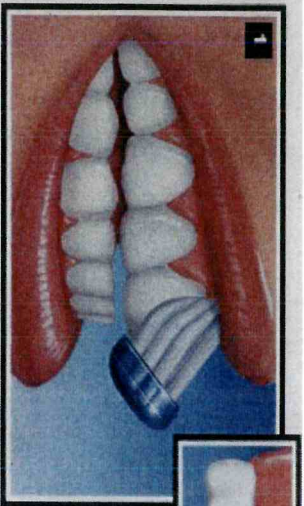
✉ [rduh.sds-exeter@nhs.net](mailto:rduh.sds-exeter@nhs.net)

🌐 [www.royaldevon.nhs.uk/  
dental](http://www.royaldevon.nhs.uk/dental)

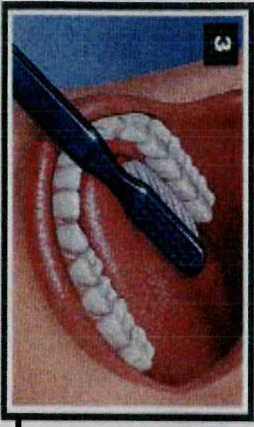
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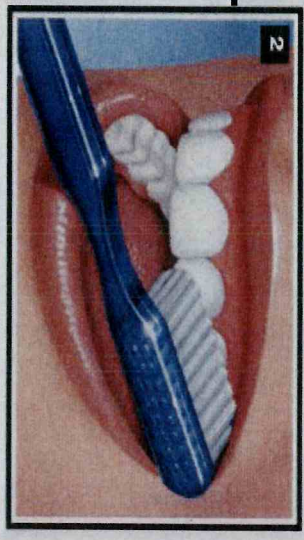




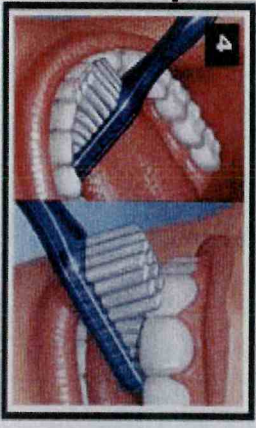
**1** Place bristles along the gumline at a 45° angle. Bristles should contact both the tooth surface and the gumline.



**3** Maintain a 45° angle with bristles contacting the tooth surface and gumline. Gently brush using back, forth & rolling motion along all of the inner tooth surfaces.



**2** Gently brush the outer tooth surfaces of 2-3 teeth using a vibrating back, forth & rolling motion. Move brush to the next group of 2-3 teeth and repeat.



**4** Tilt brush vertically behind the front teeth. Make several up & down strokes using the front half of the brush.



**5** Place the brush against the biting surface of the teeth & use a gentle back & forth scrubbing motion. Brush the tongue from back to front to remove odor-producing bacteria.





All amounts of natural and added sugars combined are approximate and are correct at time of printing.

This information has been taken from manufacturers labels and other products may vary.


# Toothbrushing

- ⇒ Brush your teeth last thing at night and one other time each day for 2 minutes.
- ⇒ Use a manual small headed toothbrush with soft – medium bristles or an electric toothbrush.
- ⇒ Use a pea sized amount of family toothpaste containing 1,350 – 1,500ppm of fluoride on a dry brush. For children 0-3, use a smear of toothpaste containing no less than 1,000 ppm of fluoride.
- ⇒ The amount of fluoride will be displayed on the back of the toothpaste tube.
- ⇒ Plaque is the soft, sticky white film that builds up on our teeth. It is made up of bacteria and food remains. Plaque can irritate the gums as well as causing decay (holes) in teeth.
- ⇒ Plaque makes the gums bleed. If the gums bleed while brushing, brush more to remove plaque and bleeding should stop after a few days.
- ⇒ Good, effective tooth brushing will remove plaque.
- ⇒ When brushing children's teeth stand behind them resting their head on you.
- ⇒ Brush all surfaces of the teeth and along the gum line. Children need help brushing until they're at least 7 years old.
- ⇒ Spit out after brushing but **do not rinse your mouth** as this will reduce the effect of fluoride on the teeth.
- ⇒ Replace toothbrushes every 3 months or sooner if the bristles are splayed.

Soft Drinks	Teaspoons
Blackcurrant Squash (diluted 250ml serving)	1½
Cranberry Juice (250ml serving)	7
Coca Cola (per 250ml serving)	6½
Fruit Shoot 100% (per 250ml serving)	6½
Capri Sun (200ml pouch)	2
Lemonade (per 250ml serving)	2
Lucozade Sport (per 500ml bottle)	4
Milkshake Powder (per 5 tsp)	7
Orange Squash (diluted 250ml serving)	1½
Volvic Touch of Fruit (per 250ml serving)	1½
Cakes	Teaspoons
Chocolate Fudge (per 1/8 cake)	6½
Madeira (per slice)	6½
Soreen malt lunch loaves (per loaf)	1
Mr Kipling chocolate slices (per slice)	2½



# Packed Lunches



Choose 1 - 2 portions	Choose 2 or more items	No more than 1 item	Have a good size portion
Egg	Carrot Sticks	Twiglets	Pita Bread
Canned Tuna	Celery	Teacake*	Oat cakes
Marmite	Tomato	2 Jaffa Cakes*	Wrap
Fish Paste	Cucumber	Cereal Bar*	Wholegrain Bread
Cheese	Lettuce	Muffin*	Brown Rolls
Ham	Peppers Sliced	Apple	Bread Sticks
Fridge raiders	Kiwi	Dried fruit	Melba Toast
Yoghurt*	2 Satsumas	Raisins	Crackers
Fromage Frais*	Berries	2 Scotch Pancakes*	Rice cakes
Chicken Drumstick	Grapes		Cooked wholegrain pasta
Hummus	Banana		
Scotch egg	Pear		
Sausage roll	Apple		

THE ITEMS ASTERISKED \* SHOULD ONLY BE HAD AT MEALTIMES, AND NOT IN BETWEEN MEALS, AS THEY ARE NOT SAFE FOR TEETH.

Make sure that you pack at least one drink - Water/Milk/No added sugar Squash\*/Fruit Juice\*/ No added sugar flavoured Water\*

### Helpful Hints

Wrap and pack all food in a clean, airtight box. Make sure the lunchbox is cool by using a mini ice pack / mat or freeze water or weak squash in a suitable container to gradually defrost ready for lunch time. If your child is used to having crisps or chocolate in their lunch box, use a lower fat, healthier alternative such as a teacake, muffin, plain popcorn or 2 Jaffa cakes instead.

### Desserts

	Teaspoons
Creamed Rice Pudding (per pot)	3
Mini milk ice lolly (per serving)	2½
Fruit Yoghurt	2½
Jelly (per 135g pot)	5
Ice Cream Sauce (per 15g serving)	2½
Ice Cream - vanilla (per 2 scoops)	2½
Instant Custard (per 1/4 pint)	3
Instant Dessert Powder (per 92g)	3

### Biscuits

	Teaspoons
Chocolate Digestive (per biscuit)	1
Custard Cream (per biscuit)	1
Plain Digestive (per biscuit)	½
Cadbury brunch bar - raisin	2
Jaffa Cakes (per biscuit)	1½
Rich Tea (per biscuit)	½
Savoury (per biscuit)	0
Shortcake (per biscuit)	½

### Beverages

	Teaspoons
Drinking Chocolate (per 3 tsp)	2½
Horlicks (per 3 tsp)	1



# Healthy Choices

We all know that eating some foods between meals is not good for us. Why not use this list to make tastier healthier choices

## Super Snacks

Try to choose these to eat most of the time.  
They are low in sugar and also low in fat:

- ⇒ Fresh fruit e.g. apples, bananas, grapes, oranges, plums, pears and peaches
- ⇒ Raw vegetables e.g. carrots, celery, tomatoes and cucumber
- ⇒ Bread, bread rolls, bread sticks, toast, sandwiches (with savoury fillings), rice cakes and oat cakes
- ⇒ Cheese portions
- ⇒ Plain biscuits like water biscuits and cream crackers and plain popcorn

## Occasional Snacks

These can contain high amounts of fat or concentrated amounts of natural sugar.  
Try not to eat these too often between meals:

- ⇒ Plain biscuits e.g. Rich Tea, Malted Milk
- ⇒ Crisps e.g. Wotsits, Hula-Hoops, Chipsticks, Wheat Crunchies, French Fries, Low Fat Crisps, Mini Cheddars, lentil crisps and vegetable crisps
- ⇒ Plain or fruit scones, cheese scones, teacakes, crumpets and muffins.

## Mealtimes Only Snacks

These contain large amounts of sugar.  
Save them to eat at mealtimes rather than between meals:

- ⇒ Sweet biscuits, chocolate, milk chocolate, filled chocolate bars
- ⇒ Cakes, mini chocolate rolls, doughnuts and chocolate biscuits
- ⇒ Sweets, jellies, pastilles, fruit gums, chew, boiled sweets and mints
- ⇒ Dried fruit e.g. raisins and dried apricots
- ⇒ Fruit winders



## How Much Sugar? CHECK YOUR LABELS!

See below to find out how much sugar is found in various manufactured foods and drinks.  
**SUGAR (1 Heaped Teaspoon = 5g)**

Sweets	Teaspoons
Bounty 2 Bar Pack	8
Crunchie	6
Kit Kat (per two finger)	2
Mars Bar	11
Milk Chocolate (per three squares)	2
Milky Way 2 Bar Pack	8
Plain Chocolate (per three squares)	2
Smarties (per 15g)	2½
Snickers Bar	8
Twix 2 Bar Pack	9½
Sauces & Pickles	Teaspoons
Brown Sauce (per 3 tsp)	1
Salad Cream (per 3 tsp)	½
Sweet Pickle (per 3 tsp)	1
Tomato Ketchup (per 3 tsp)	1



Spreads	Teaspoons
Chocolate Spread (15g)	2
Honey (15g)	3
Jam (15g)	2
Lemon Curd (15g)	2
Marmalade (15g)	2½
Syrup (15g)	3
Treacle (15g)	2½
Peanut Butter-smooth (15g)	¼
Cereals	Teaspoons
Bran flakes (per 30g serving)	¾
Cornflakes (per 30g serving)	½
Coco pops (per 30g serving)	1
Rice Crispies (per 30g serving)	1
Shreddies (per 40g serving)	1½
Shredded Wheat (per 45g serving)	0
Special K (per 30g serving)	1
Quaker Oat so simple golden syrup sachet (per 36g serving with 180ml milk)	3
Soups	Teaspoons
Tin Tomato Soup (per 1/2 tin)	2½
Packet Minestrone (as prepared)	1



## Tips for Healthy Packed Lunches



(Try to include water daily with your lunch and use wholegrain products)

Tuna and Cucumber Sandwiches or In Soft Bag  
Apple  
Fruit Yoghurt  
Water

Ham or Chicken Slices with Salad

Low Fat Mayonnaise in a Tortilla  
Plain popcorn  
Small Bunch Seedless Grapes  
Carton of Milk

Egg and Cress Sandwiches  
Cherry Tomatoes  
Cucumber Wedges  
Banana  
Carton Milk

Chicken Sandwiches  
Carrot Sticks  
2 Jaffa Cakes  
Carton of Milk

Grated Cheese and Grated Carrot on Wholemeal Roll

Peeled, Segmented Orange or Satsuma  
Sugar free jelly pot  
Carton of Milk

Sliced Chicken with Salad in a Wrap  
Cheese portion  
Pear  
Water

Soft Cheese on Wholemeal Roll  
Celery and Apple Salad  
Soreen malt loaf  
Carton of Milk

Hummus and Bread Sticks  
Carrot and Cucumber Sticks  
Teacake  
Apple  
Water

Grated

Cheese and Sweet Tomato Sandwiches  
Kiwi Fruit (cut in half, eat with a spoon)  
Small Packet of Raisins  
Water