

Try and keep sugary food and drink to meal times!

Remember how much ADDED sugar your children can have in a day...

4-6 = 19 grams = 5 sugar cubes

7-10 years old = 24 grams = 6 sugar cubes

11+ - adult = 30 grams = 7 sugar cubes

You can eat as much FRESH fruit and veg and unsweetened milk as you like! They are NOT part of your added sugar allowance!

Community
Dental
Services

5 A Day



Things to do online about Healthy eating!



Weblinks for healthy eating!

<https://www.funkidslive.com/learn/hallux/dentist/is-sugar-bad-for-your-teeth-how-can-i-stop-and-prevent-tooth-decay/#> - radio programmes on why sugar is bad for your teeth and lots more!

<http://www.savekidsfromsugar.co.uk/> - find out how much sugar your little one is ACTUALLY eating and find out how to reduce it

<https://en.e-learningforkids.org/health/lesson/healthy-eating/> - healthy eating game

<https://www.topmarks.co.uk/Search.aspx?q=healthy%20eating> - eating and teeth games

<https://www.nhs.uk/change4life> - change for life website full of recipes, activities and advice

<https://www.nhs.uk/start4life> - lots of advice on starting weaning for babies

<https://communitydentalservices.co.uk/oral-health/nutrition/> - ideas for snacks

