



Slough Healthy Smiles



Caring, safe and excellent



Oxford Health 
NHS Foundation Trust

To promote healthy mouths



1. Tooth brushing



2. Diet



3. Dentist

Consequences of poor oral health

- Each year, 100's of children in Slough require general anaesthetics to have teeth removed
- Nationally the biggest cause of hospital admissions in 5-14 year olds
- Many of these were due to **preventable** tooth decay



School Readiness

 Public Health England

Healthmatters Poor dental health harms school readiness

Research about extractions in children in North West hospitals found that **26%** had missed days from school because of dental pain and infection



An average of **3 days** of school were missed due to dental problems



67% of parents reported their child had been in pain



38% of children had sleepless nights because of the pain



Many days of work were potentially lost as **41%** of parents/ carers were employed

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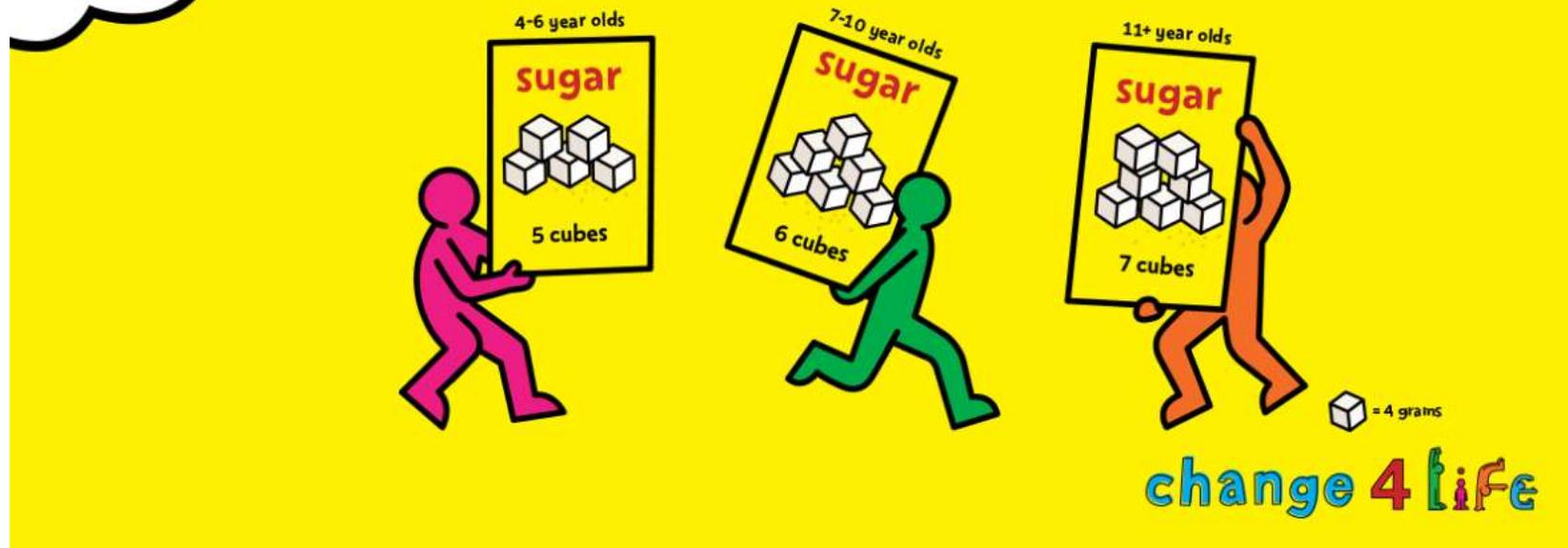
Sugar intake (1 cube = 4grams)

Top tips
for
teeth



How much is too much sugar?

Here are the maximum daily amounts of sugar for your children



There's no guideline limit for children under the age of 4, but it's recommended they avoid sugar-sweetened drinks and food with sugar added to it

Breakfast

Midday Meal

Tea

Supper

**Acid
attack**



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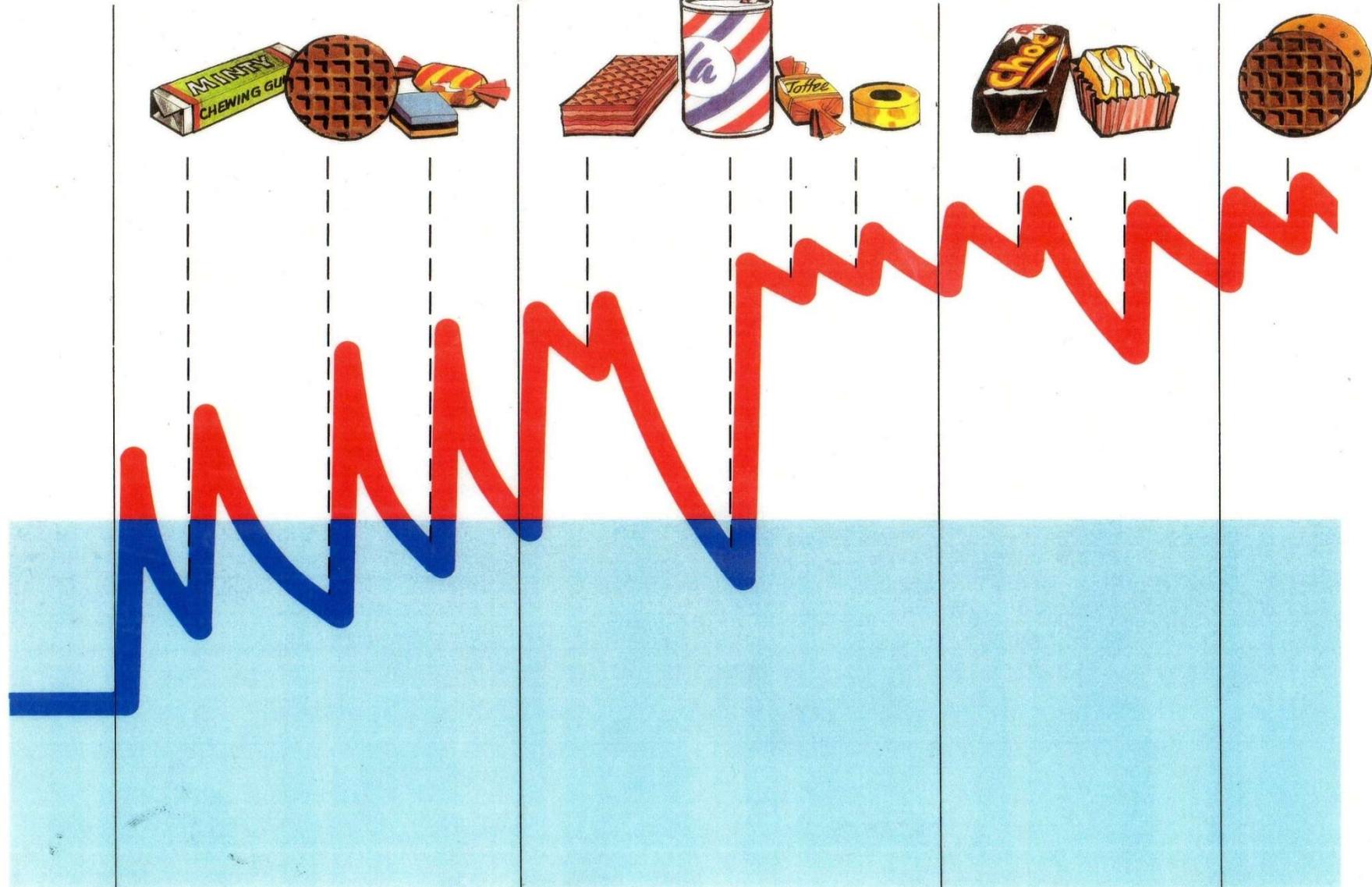
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Breakfast

Midday Meal

Tea

Supper



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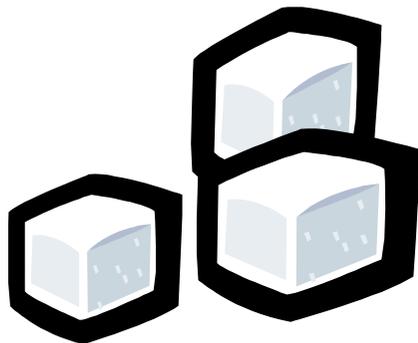
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Acid attacks!

Try to cut down on **how often** sugar is eaten throughout the day



This will reduce the risk of tooth decay



Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy 1048kJ 250kcal	Fat 3.0g LOW	Saturated 1.3g LOW	Sugars 34g HIGH	Salt 0.9g MED
13%	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/167kcal

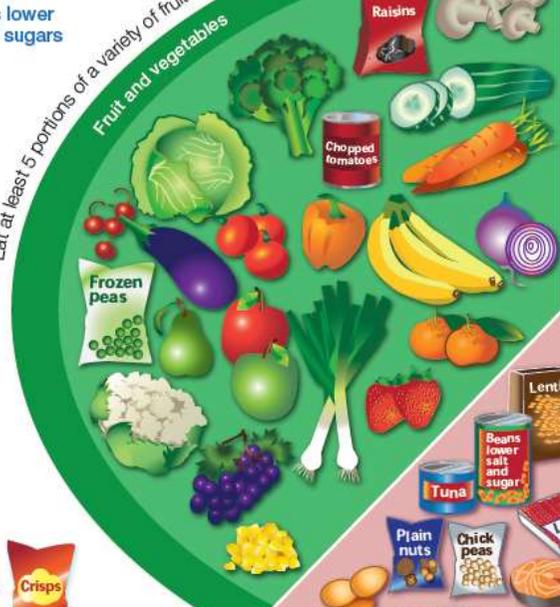
Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.
Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables every day



Eat less often and in small amounts

Choose wholegrain or higher fibre versions with less added fat, salt and sugar
Potatoes, bread, rice, pasta and other starchy carbohydrates



Beans, pulses, fish, eggs, meat and other proteins
Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Dairy and alternatives
Choose lower fat and lower sugar options



Choose unsaturated oils and use in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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Healthy packed lunch?



A starchy food: These give your child energy e.g 1 portion of...

Bread, Breadsticks, Crackers

Rice cakes

Couscous Pasta Pizza Bagels

Pitta Bread Tortillas Chapatti

Pannini Crispbreads Rice



Fruit and vegetables: These provide vitamins and minerals to help protect against illness e.g 2 portions of -

- Any fruit fresh or dried, carrot/ cucumber sticks, cherry tomatoes, salad, sweetcorn - or fruit pots in juice NOT syrup



Meat, fish or other non dairy

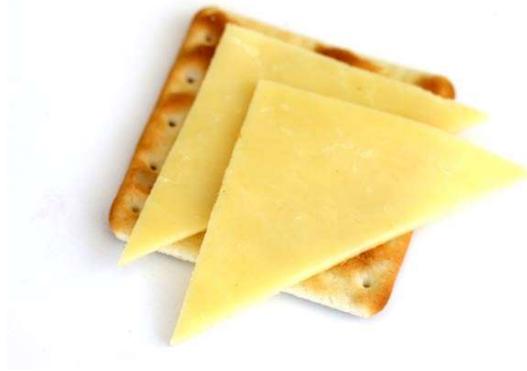
protein: These provide protein, iron and zinc to help your child grow e.g.

- Sliced meat (lamb or beef), chicken, turkey, salmon (any fish), a boiled egg, lentils, chickpeas, other beans or tofu
- Try to have 2 portions of fish a week



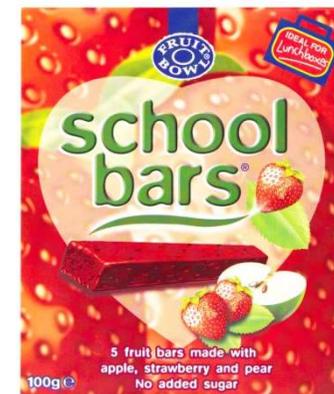
A dairy food: These are a source of calcium for strong bones and teeth e.g.

- Milk, cheese (reduced fat), yogurt, fromage frais or custard



Snack foods: These need to be limited as much as possible. If eaten in excess they can lead to weight gain, tooth decay and can affect a child's concentration levels e.g.

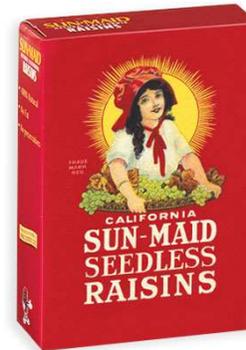
- Crisps, sweet popcorn, biscuits, cakes, chocolate and juice drinks



Areas of confusion!



One bar has 12 grams of sugar = 3 sugar cubes



37% of a raisin is sugar!!! A small box has 4 sugar cubes



Cereal bars - full of sugar

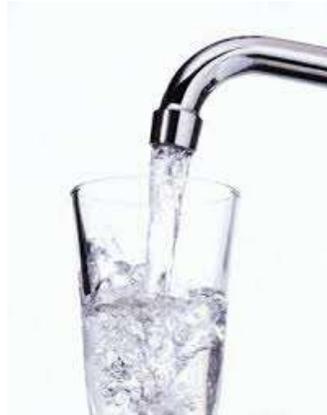


150ml fruit juice is part of your 5 a day but has 5 sugar cubes!



Drinks

- Water
- Milk
- 100% fruit juice NOT
- from concentrate



Ideas



How to get healthier foods into your child's lunch box

- Limit choice - don't ask your child what they want for lunch but offer 2 - 3 choices or get your child to help plan a weeks menu
- Involve your child in preparing their lunchbox
- Let your child choose the lunchbox container they would like - it doesn't matter as long as it is practical, robust and hygienic
- Talk to your children about why it is important to eat healthier foods • Don't reward children with unhealthy food
- Get your child to try new foods
- Eat the same foods as your children
- Don't expect miracles overnight - take a gradual approach to changing your child's lunchbox
- Keep getting your child to try foods they don't like in different formats
- Mix the slices of bread - one side brown, one white!

Keep me cool, keep me clean

- Wash your hands before handling food
- Wash fruit and veg before you prepare or eat them • If you make your lunch the night before, keep it in the fridge
- Put your food in a clean plastic box
- Keep chopped fruit or veg fresh in a small box with a lid
- Keep sandwiches moist in greaseproof paper, plastic bags or tin foil
- Keep food cool - add a little freezer pack or a frozen drink (not fizzy ones though or they might explode!)
- Don't leave your lunchbox near a radiator - or in the sunlight!

Top tips
for
teeth

Top
tip

Be sugar smart!

Juice
Drink

SWAP
ME

Semi-skimmed
MILK

change 4 life

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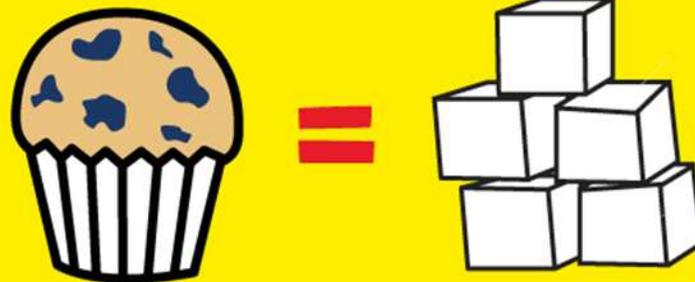
NHS

Check food labels - watch out for hidden sugars!

- Glucose
- Fructose
- Sucrose
- Hydrolysed starch
- Maltose
- Glucose syrup
- Maltodextrins
- Oligofructose



Find the sugar with our sugar smart app



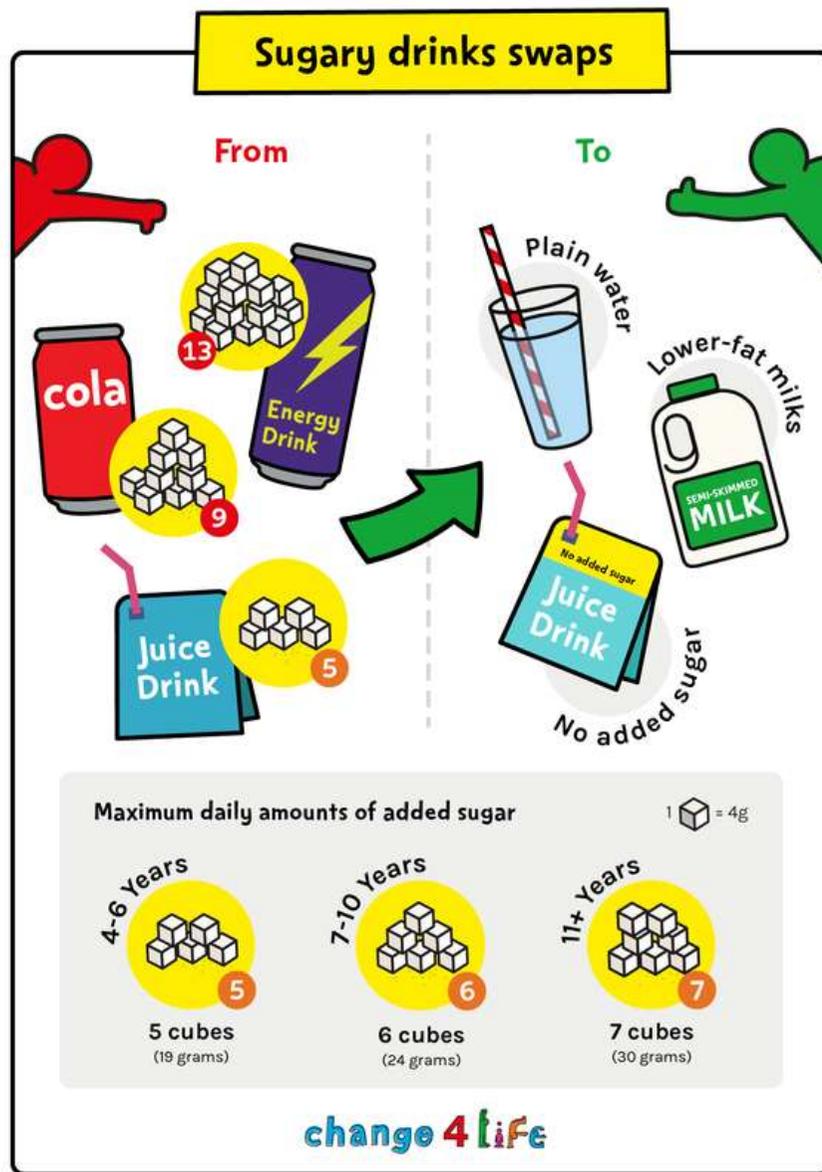
GULP – Beverage List

- A non-exhaustive list of beverages available in supermarkets.
- Product information was collected through online grocery services.
- Colour coding based on new front of pack colour-coded nutrition labelling criteria. Sugars:
 - **Red** >13.5g/portion or >11.25g/100ml
 - **Amber** >2.5≤11.25g/100ml
 - **Green** ≤2.25g/100ml

gulp. give
up
loving
pop

Name	Category	Volume (ml)	Energy (kcal) per 100ml	Energy (kcal) per can / bottle	Sugar (g) per 100ml	Sugar (g) per serving	Sugar Cubes (1 = 4g)
Rockstar Punched Energy + Guava	Energy Drink	500	87	335	15.6	78	20
Mountain Dew	Energy Drink	500	48	240	13.2	66	17
Lucozade Energy Orange	Energy Drink	500	82	310	12.4	62	16
7 UP	Soft Drink	500	41	205	11.2	56	14
Pepsi Regular	Soft Drink	500	41	205	11.2	56	14
Monster Energy Drink	Energy Drink	500	47	235	11.0	55	14
Yop Strawberry	Milkshake	500	72	380	11.0	55	14
Relentless Origin	Energy Drink	500	45	225	10.6	53	13
Im Bru	Soft Drink	500	42	210	10.3	51.6	13
Old Jamaica Ginger Beer	Soft Drink	330	61	201	15.2	50	13
Ribena Blackcurrant	Soft Drink	500	41	205	10.0	50	13
Mars Refuel Sportscap	Milkshake	376	70	263	12.8	48	12
Frijj Banana	Milkshake	471	64	301	9.8	46	12
Sunny Delight Tangy Florida	Fruit Juice	500	37	185	8.3	41.25	10
Rubicon Mango	Soft Drink	330	49	162	11.3	37.2	9
Dr. Pepper	Soft Drink	500	29	145	7.2	36	9
Coca Cola	Soft Drink	330	42	139	10.6	35	9
Fanta Orange	Soft Drink	500	29	145	6.8	34	9
Sprite	Soft Drink	500	28	140	6.8	34	9

Vimto	Soft Drink	500	27	135	6.6	33	8
Tropicana Orange Juice	Fruit Juice	300	48	144	10.0	30	8
San Pellegrino Limonada	Soft Drink	330	38	125	8.9	29.4	7
Red Bull	Energy Drink	250	46	115	11.0	27.5	7
Tango Orange	Soft Drink	600	19	114	4.4	26.4	7
Innocent Smoothie Strawberries & Bananas	Smoothie	250	54.3	138	10.4	26	7
Lilt	Soft Drink	500	20	100	4.8	24	6
Volvic Touch of Fruit Strawberry	Flavoured Water	500	19	95	4.6	23	6
Cranberry Juice	Fruit Juice	200	55	110	11.0	22	6
Lipton Ice Tea Peach	Soft Drink	500	19	95	4.4	22	6
Fresh Orange Juice	Fruit Juice	200	46	92	10.5	21	5
Powerade Berry / Tropical	Sports Drink	500	18	90	4.2	21	5
Weetabix on the go Strawberry	Breakfast Drink	250	83	208	8.0	20	5
J2O Orange & Passion Fruit	Soft Drink	275	32	88	6.9	19	5
Up & Go	Breakfast Drink	250	69	173	7.3	18.25	5
Lucozade Sport Orange	Sports Drink	500	28	140	3.6	18	5
Innocent Smoothie Blackcurrant & Apples	Smoothie	180	57	103	10.0	18	5
Vitamin Water Power C Dragonfruit	Flavoured Water	500	13	65	3.0	15	4
Fruit Shoot Apples & Blackcurrant	Low-Sugar Fruit Juice	200	5	10	1.1	2.2	1
Diet Coke	Diet / Zero Drink	330	0.4	1	0	0	0
Tap Water	Water	200	0	0	0	0	0
Pepsi Diet	Diet / Zero Drink	600	0.6	4	0	0	0
Pepsi Max	Diet / Zero Drink	600	0.4	2	0	0	0
Buxton Water	Bottled Water	500	0	0	0	0	0
Highland Spring	Bottled Water	500	0	0	0	0	0
Volvic	Bottled Water	500	0	0	0	0	0
Evian	Bottled Water	500	0	0	0	0	0

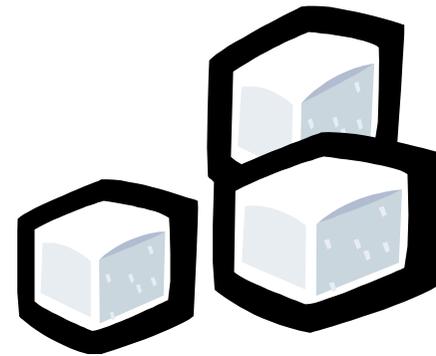


Too much sugar can lead to the **build up of harmful fat** on the inside that we can't see. This fat around vital organs can cause weight gain and serious diseases in the future like **heart disease, type 2 diabetes** and some **cancers**. Having too much sugar can also cause **tooth decay**.

How much sugar?

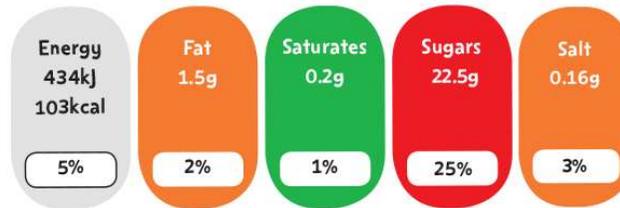
1 sugar cube = 4 g

- Ribena (500mls) = 13 cubes
- Fudge Brownie milk (400ml) = 11 cubes
- Coke (500 mls) = 13 cubes
- Fruit yogurt (1 pot) = 6 cubes
- Apple juice (200mls) = 5 cubes
- Raisins (1 small pack: 50g) = almost 8 cubes



Finding sugar on food labels

Food labels often use red, amber and green colour coding to tell us how much fat, sugar and salt is in a portion of food or drink. Also watch out for how many grams of sugar there are per 100 grams. Looking at sugar content per 100 grams helps you to compare across different products.



More than 22.5g of total sugars per 100g is **high**



Less than 5g of total sugar per 100g is **low** - and Sugar Smart!



Sugar



Calls on the food industry to reduce sugar in their most popular products by

20% by **2020**

categories include:



BREAKFAST CEREALS



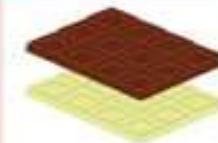
YOGURTS AND FROMAGE FRAIS



ICE CREAM, LOLLIES AND SORBETS



SWEET CONFECTIONARY



CHOCOLATE CONFECTIONARY



CAKES



MORNING GOODS



SWEET SPREADS AND SAUCES



BISCUITS



PUDDINGS



**We love
healthy smiles
in Slough!**



NHS Dentist
open days for
children under 5

NHS Dentist practices across Slough who are part of the Starting Well Programme are inviting families with children under 5 years old to come along to their free open days during October and February half term.

To book a free check up on an open day, contact your local dentist, or just pop along to join in the fun activities on offer. Details of participating dentists overleaf.

The Starting Well Programme helps families with young children to prevent tooth decay.



Starting well logo



Abbey Dental Surgery

5 Sheffield Road, Slough SL1 3EG
☎ 01753 536601

Smile High Street

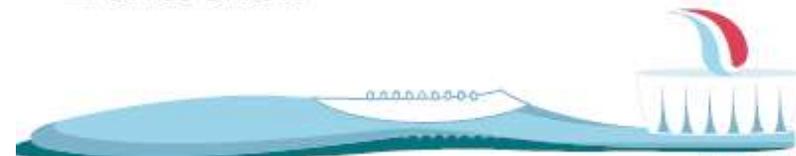
24 High Street, Slough SL1 1EQ
☎ 01753 523410

Farnham Road Dental Practice

275 Farnham Road, Slough SL2 1HA
☎ 01753 537634

Smile Cippenham Dental Practice

424 Bath Road, Cippenham, Slough SL1 6JA
☎ 01753 577017



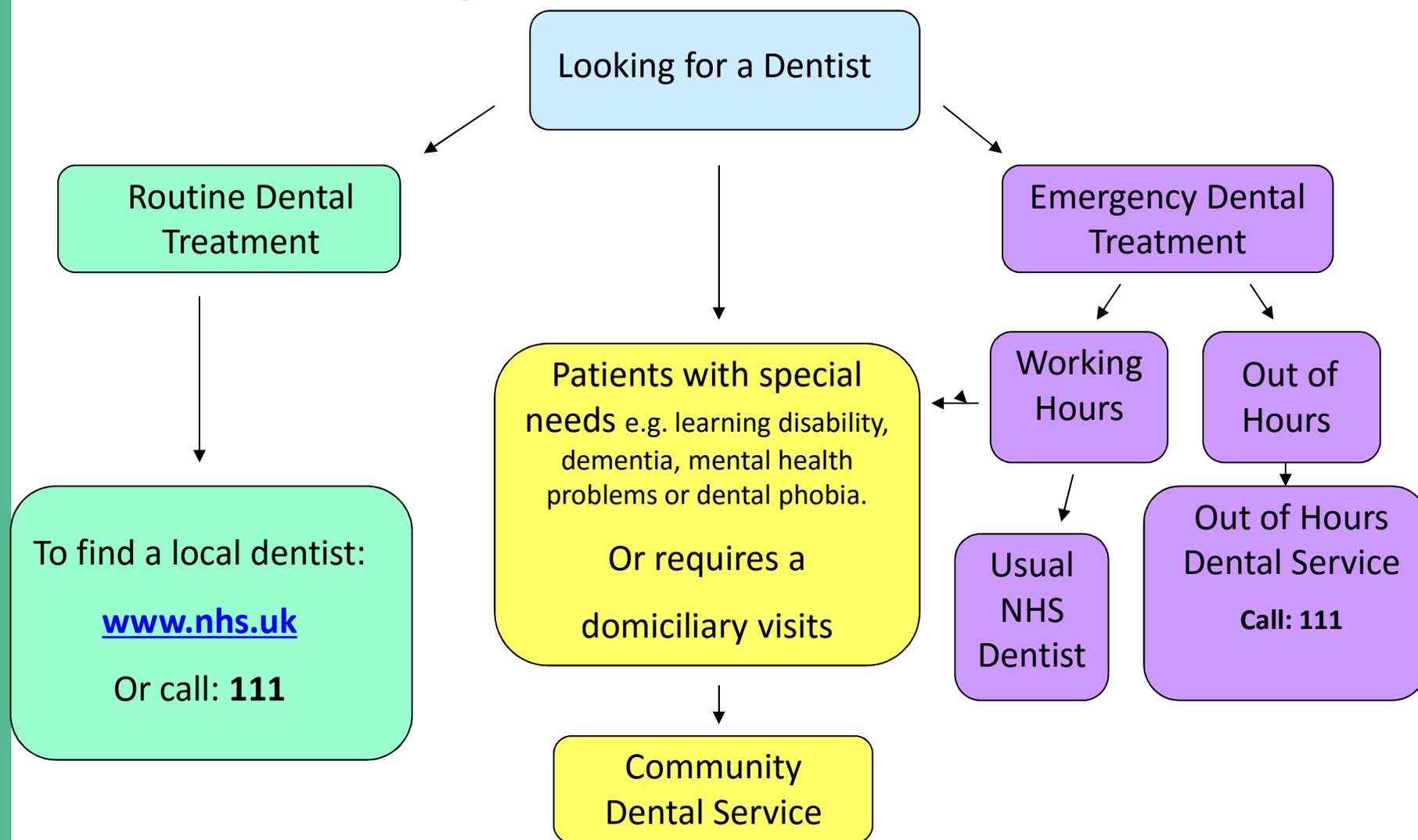
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Accessing NHS Dental Treatment



What questions do you have?

