

# Do you know how many free sugars your child is having?

## What are free sugars?

Free sugar is what we call any sugar added to food or drink, or the sugar in honey, syrups and fruit juices. They are called free because they are not inside the cells of the food we eat.

### Sugar

SACN\* recommend the average intake of free sugars should not exceed 5% of daily dietary energy intake.

This means no more than:

0g	0-2 year olds
12g (3 tsp)	2 year olds
14g (3 1/2 tsps)	3 year olds
19g (5 tsp)	4-6 year olds
24g (6 tsp)	7-10 year olds
30g (7 1/2 tsp)	11+ years and adults

Babies and very young children do not need and should not have any free sugars

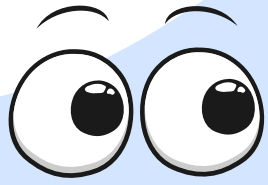


Take a look at the sugar content in some of the most popular children's food, snacks and drinks

\*Science Advisory Committee on Nutrition



# Sugar content in some of the most popular children's snacks and drinks



Banana & Strawberry frubes 37g	Kelloggs cocopop bar 20g bar	Kinder chocolate bar 21g bar	Bear fruit splits 20g	Kiddylicious fruity drops 16g pouch	Sunny Raisins 14g box	Kiddylicious apple crisps 12g pouch
						
1 teaspoon	1 1/4 teaspoons	2 3/4 teaspoons	2 1/2 teaspoons	2 1/2 teaspoons	2 1/4 teaspoons	2 teaspoons

Plain water 500ml	Volvic strawberry water 500ml	Ribena 200ml	Tropicana orange juice 300ml	Innocent smoothie 250ml	Coca Cola 330ml	Frijj chocolate milkshake 400ml
						
0 teaspoon	3 teaspoons	5 teaspoons	6 1/2 teaspoons	6 3/4 teaspoons	9 teaspoons	10 teaspoons

# Bury's advice on keeping babies and children's teeth healthy

**Sweet drinks, or juice in a bottle can quickly damage teeth**



**Fresh milk and water are the only safe drinks for teeth**



**If you choose to provide juice, keep it to mealtimes only to reduce the acid attack**

Doidy cups or free flow cups can be introduced from 6 months old.

Be aware! Feeder cups that don't spill are just bottles in disguise!



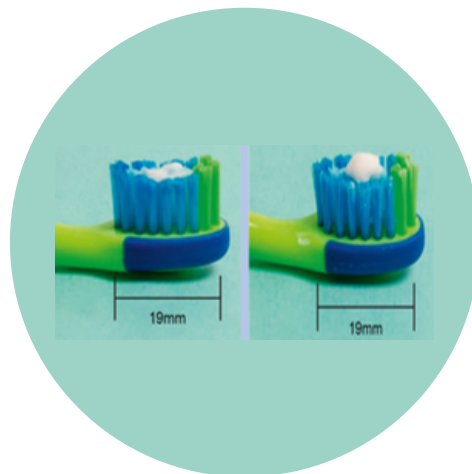
**STOP the bottle  
by age 1 at the latest**



# Bury's good brushing guide for babies and children



Brush as soon as the first tooth appears and supervise children brushing until 7 years old to make sure all teeth are done



Use a small brush with medium bristles and a family fluoride paste (1350-1500ppm fluoride)



Brush at least twice a day for two minutes (at night and any other time through the day)



Spit don't rinse after brushing to keep fluoride on the teeth

Register your child soon after birth or by 6 months old  
<https://www.nhs.uk/service-search/find-a-dentist/>

Visit a dentist every 6 months

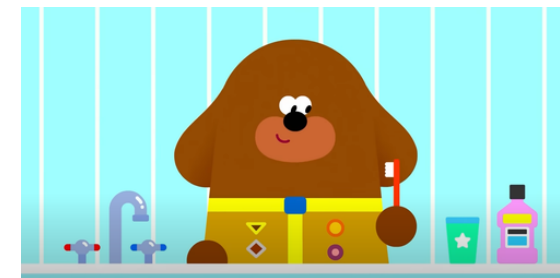
Ask the dentist about fluoride varnish

Age	Amount of paste
Under 3 years	Smear/lentil size
3 years and over	A pea size amount

## Have fun brushing

Maybe try watching the 2 minutes 'Hey Duggee' video on YouTube when brushing your child's teeth to keep them interested.

[https://youtu.be/oStaJTHgHMU?si=nko5naiiH\\_SfA3D2](https://youtu.be/oStaJTHgHMU?si=nko5naiiH_SfA3D2)



Eating whole fruits & vegetables (which look like they did when grown) are nutritious and kind to our teeth.

However, when processed, cells are broken down releasing harmful sugars, which can decay teeth.

Better for teeth



Worse for teeth

