



COTTINGHAM DENTAL PRACTICE

OCTOBER • CHILDREN'S ORAL HEALTH NEWSLETTER

THE SWEET TRUTH ABOUT SNACKS

Small snack choices can make a big difference to little smiles

WHY IT MATTERS:

Healthy teeth are important for children's growth, confidence, speech and learning. Tooth decay is common in UK children, but most cases are preventable through diet and good oral hygiene.

WHAT HAPPENS AFTER A SUGARY SNACK?

Sugar feeds bacteria

Bacteria use sugar and produce acids.

Repeated snacking

Grazing means repeated acid attacks with less recovery time.

Acid attacks enamel

Acids soften and dissolve enamel.

Enamel weakens

Over time, cavities, sensitivity, pain and infection can develop.

WHY YOUNG CHILDREN CAN BE AT HIGHER RISK

- Frequent snacking during breaks and after school
- Hidden sugars in lunchbox items
- Sugary drinks such as juice cartons and flavoured waters
- Peer influence and tuck shops
- Busy schedules leading to rushed or missed brushing

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⚠ SNACKS TO WATCH

- Sticky sweets — gummies, fruit winders, toffees
- Biscuits and cookies
- Cereal & granola bars
- Crisps — starch breaks down into sugars
- Juice cartons & smoothies
- Flavoured yoghurts



Halloween Tip of the Month!

Have fun, eat some treats, but don't eat too many sweets!

✓ TOOTH-FRIENDLY PICKS

Fresh whole fruit — better than juice or fruit winders

Vegetable sticks — crunchy and tooth-friendly

Cheese cubes or strings — helps neutralise acid and provides calcium

Plain yoghurt — add fresh fruit; avoid flavoured varieties

Nuts & seeds* — high in protein and tooth-friendly

Boiled eggs — filling and sugar-free

Wholegrain crackers — low sugar and non-sticky

Water — the safest everyday drink for teeth

* if allowed by schools

A SIMPLE RULE:

Choose tooth-friendly snacks, keep sugary foods and drinks to mealtimes, and make water the everyday drink.