



# What should you eat to keep your mouth healthy?



Healthy food keeps your mouth and body healthy.

Healthy foods include:



- fruit and vegetables
- meat without too much fat
- fish
- eggs.
- grains and cereals like rice and wholegrain bread
- milk, cheese and yoghurt



Eating sugary food can cause holes in your teeth. Holes in your teeth can be very painful.



Sugary food includes:

- cakes and sweet biscuits
- lollies and chocolate.



If you eat sugary foods, you should only do this sometimes.



Try not to snack on sugary foods between meals.



# What should you drink to keep your mouth healthy?



Water is the best drink to keep your mouth and body healthy.



Drink lots of tap water each day.  
In most places, tap water has **fluoride** in it.  
Fluoride helps to protect your teeth from getting holes.



Plain milk is a healthy drink choice.



Drinking sweet drinks can cause holes in your teeth.  
Holes in your teeth can be very painful.



Sweet drinks include:

- soft drinks, like lemonade or cola
- fruit juice
- diet soft drinks
- sports drinks
- cordial
- energy drinks
- flavoured milk.



Try not to add sugar to your coffee or tea.