

Schools Triathlon Challenge'16



Train Hard, Smile Big

What is oral health? Oral health is where you do not have mouth and facial pain. Things that can cause pain are:

- infections and sores
- gum disease
- tooth decay and
- tooth loss



When these become a problem we have trouble biting, chewing, smiling, speaking and can get bad breath!

We can have good oral health if we have good oral hygiene. It is also important to use a fluoride toothpaste.

Tooth decay is caused by a diet which is high in added sugar. When we consume foods and drinks which are high in sugar it causes bacteria to produce acid. This acid then attacks and destroys the outside layer of our teeth.

Limit **sometimes** foods and drinks!

'**Sometimes**' foods and drinks should only be consumed a few times a week. These tend to be high in added sugar. Added sugar in large amounts can cause tooth decay.

- Dried fruit and fruit straps
- Lollies, lollypops and chocolate
- Honey, chocolate spreads, jam
- Ice cream, regular jelly, sweet biscuits, cakes and donuts
- Fruit juice
- Soft drinks
- Water cordials and vitamin waters
- Energy and sports drinks
- Flavoured milk
- Tea, coffee and hot chocolate with added sugar



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Everyday foods

Fruit- fresh, frozen or canned varieties are great for snacks and desserts. They give us lots of vitamin C for healthy gums.

Vegetables- include at both lunch and dinner. Salad rolls and soups are great ideas to eat more vegetables

Grains- pick wholegrain and high fibre options. Grains are good for energy and slowing down tooth decay.

Dairy- snack on dairy and use milk as an after sports recovery drink. It is just as effective as a sugary sports drink and gives you calcium to help reverse tooth decay.

Lean meats and meat alternatives- beef, chicken, chicken and tofu just to name a few are all good for strong muscles.

Foods to keep healthy teeth

Fluoride – Fluoride helps limit the amount of acid produced the mouth. It is found in tap water and fluoride toothpaste. Drink up!

Calcium- Dairy foods help to reverse the decay process so it is a good idea to have dairy as a dessert such as a glass of milk, cheese or yoghurt instead of ice cream, lollies or chocolate.

Fresh fruit and vegetables- eating foods which are high in fibre slow down how quickly tooth decay happens. They are also high in vitamin C which helps stops our gums from bleeding. Snack on fresh fruit and vegetables throughout the day.

Healthy teeth and staying active

We need to look after our mouth so we can train hard, eat well and stay hydrated.

Did you know sharing drink bottles can transfer bacteria? So get into the habit of remembering your own drink bottle.

If you are drinking sports drinks you should rinse your mouth out with water afterwards. This will help protect your teeth from the extra sugar. Better still try and avoid these drinks all together.

Keep hydrated to keep good healthy saliva. Saliva is important for protecting our teeth and having a nice smile.

Mouth guards are very important to wear during contact sports. Make sure it fits well and you upgrade as you grow.

Remember to smile at the finish line!



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How to clean your teeth - Brushing your teeth is important because it removes plaque. If plaques are not removed then it builds up and causes tooth decay!

- you should brush your teeth twice a day for a minimum of 2 minutes
- tooth brushes should be replaced every 3-4 months or when the bristles get shaggy
- aim the toothbrush at a 45 degree angle and face the bristle towards the gum line
- use a pea size amount of fluoride toothpaste
- brush the front and back of your teeth in a circular motion
- brush back and forth on the chewing surface of your teeth
- spit the toothpaste out after brushing. You do not need to rinse.
- Everyone should floss at least once a day

Electric toothbrushes do a great job at cleaning your teeth too.

If you need extra help with your teeth make an appointment to see a dentist.

How much
SUGAR
is in that drink?



SMILE

