

Healthy eating for healthy teeth

Exam time

When students are time poor, they may choose convenient snacks and meals that are high in sugar or fat. The lead up to school or university exams can be busy and stressful, and diet and oral health can drop down the list of priorities. Eating unhealthy food can lead to poorer exam performance, however there are plenty of healthy options that will fuel the brain, protect the teeth and keep them going!

Choose food and drinks low in added sugar

Too much added sugar can cause health problems including tooth decay, obesity and diabetes. People may also experience a slump after an initial sugar high. Check product labels to see how much sugar is in them. Packaged products should have less than 10–15g of sugar per 100g and sugar shouldn't be listed near the top of the ingredient list. Remember that sugar can also be called glucose, fructose, sucrose, maltose, corn syrup and more.

Nutrition Information		
Servings per package – 16		
Serving size – 30g (2/3 cup)		
	Per serve	Per 100g
Energy	432kJ	1441kJ
Protein	2.8g	9.3g
Fat		
Total	0.4g	1.2g
Saturated	0.1g	0.3g
Carbohydrate		
Total	18.9g	62.9g
Sugars	3.5g	11.8g
Fibre	6.4g	21.2g
Sodium	65mg	215mg

Image source: NHMRC

Have calcium for strong teeth and bones

Unflavoured milk, cheese and yoghurt contain calcium and other nutrients that keep our teeth and body healthy. Alternative products (e.g. rice or oat milk) may contain less calcium, so choose calcium-fortified options. Dairy and some alternative products such as soy also contain protein, which will keep us fuller for longer.



Healthy options

It's recommended you eat a variety of foods and have satisfying meals to avoid snacking, as snacking increases the risk of tooth decay by not giving the mouth a break from the acids that are produced when we eat. If snacks are needed to get through to a mealtime, plain popcorn, nuts (beware of allergies), whole fruit, or cheese and crackers are good options. Drinking tap water is the best way to stay hydrated. Caffeinated/decaf coffee or tea without added sugar are other options but try to limit these drinks.

Many meals are quick and easy, and can be modified depending on how much time you have. Struggling for ideas? Try some of the meal ideas on the next page.

Caring for your teeth

September 2019

Fact sheet available at
oralhealth.adavb.org

References:
www.eatforhealth.gov.au
www.nhmrc.gov.au
www.nutritionaustralia.org

Acknowledgements to:
ANZSPD Victorian Branch



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Breakfast

- Avocado on wholegrain toast
- Omelette with vegetables
- Oats or yoghurt with fresh fruit
- Smoothie with milk, yoghurt and fruit
- Baked beans on toast

Lunch

- Salad with protein (beans, tofu, unprocessed meat, fish)
- Wholegrain sandwich or wrap with cheese, salad, and unprocessed meat or tinned fish
- Sushi hand rolls
- Dinner leftovers



Dinner

- Chicken, red meat, fish or tofu with vegetables
- Pasta with vegetables
- Soup
- Pita bread pizza with vegetables and lean meat or seafood
- Stir fry

Foods to avoid

- Sweet biscuits and cakes
- Lollies and chocolate
- Ice cream
- Jam, honey and sweetened spreads
- Sweetened cereals and cereal bars
- Dried fruit and muesli bars

Drinks to avoid

- Soft drinks
- Energy drinks
- Cordial and flavoured syrups
- Sports drinks and flavoured water
- Packaged liquid breakfasts
- Fruity teas
- Fruit juice
- Flavoured milk

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