



Oral Health

Takeaway

Watch this Sesame Street video



It's



Join in the fun with activities for you & your grown up



Click [Diet and my teeth | Oral Health Foundation](#)

Dentists recommend a

"GOLDEN HOUR" before bed

without eating & drinking (except water) to allow saliva to neutralise acids. Then brush your teeth and spit out the bubbles of toothpaste but don't rinse.

Why is it important to **Keep sugars to mealtimes?**

Every time you eat or drink anything sugary, your teeth are under acid attack for up to one hour.

This is because the sugar reacts with your mouth bacteria and produces harmful acid.

Have you been tricked by labels?

Is **No added sugar** the same as **sugar free**?

No, it isn't. Always check list of ingredients.

The Raisin Swap for tooth-friendly veg snacks in Pendragon Primary School and this Oral Health Takeaway are sponsored by:

Vegetable Joke

What do you call 2 bananas?



A pair of slippers

Corner



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