**DID YOU KNOW?**

We do not need to add sugar and eat sweet tasting foods. All the sugar our body needs comes from foods like bread, potato, cereals, milk and fruit.

**WHAT CAN YOU DO?**

- Gradually reduce the amount of sugar you use until you learn to like the natural flavours of food. Always taste food before you add sugar.
- Check food labels for sugar before you buy processed food. Try to choose no-added-sugar products. Learn to recognise and avoid hidden sugars, eg: glucose, cane sugar, honey, maltose, treacle, sucrose, corn syrup, brown sugar, lactose, golden syrup, raw sugar, modified corn starch, malt, dextrose, fructose and ‘natural sugar’.

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**DID YOU KNOW?**

Australians on average eat approximately 51 kilograms of sugar per person per year. A diet low in sugar reduces the risk of tooth decay and becoming overweight.

**WHAT CAN YOU DO?**

Eat less sugar and try not to pass your sweet tooth on to your children.

Ways to eat less sugar:

- Taste before you add sugar [remember, children's taste buds are more sensitive than adults]. Try to gradually reduce the amount of sugar you use. You will soon appreciate the natural flavours of food.
- Cut down on sugar, honey, jam, marmalade and golden syrup.
- Cut down on biscuits, cakes, pastries, ice-cream, chocolate, lollies, rich desserts.
- Eat more fruits and vegetables.
- Drink plain water or plain mineral water, or choose artificially sweetened cordials and soft drinks.
- Check labels for sugar before you buy processed food. Choose no-added-sugar products. Watch out for forbidden sugars, eg fructose, natural sugar.
- Remember, food which is high in natural sugar also damages teeth. This includes 100% No Added Sugar fruit juices.

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**DID YOU KNOW?**

Infant tooth decay (or nursing decay) occurs when sugars, including natural sugars, are in the mouth frequently for long periods of time. Each time a young child drinks sugar-containing fluids (eg: fruit juice, cordial, soft drink), acids attack the child's teeth for at least 20 minutes. Sucking on a bottle constantly throughout the day, falling asleep with a bottle in their mouth, or giving a child a sweetened dummy, can cause serious decay.

**WHAT CAN YOU DO?**

*If you are bottle feeding:*

- Give your baby the bottle only at feed times. Take the bottle away as soon as the baby has finished.
- Try introducing the use of a cup from 6 months of age.
- Do not allow your child to walk around with sugary drinks in bottles or reservoir feeders. It is too easy for them to get into the habit of using the bottle as a comforter and to demand it constantly.

**Soft toys**

- Try using something other than a bottle or dummy to comfort at bed time: use a teddy or blanket, sing or tell a bedtime story.

**Dummies**

- If using a dummy do not add flavouring.

**Clean baby’s teeth & gums with a soft toothbrush**

- Remove plaque daily from around the gum line by using a soft toothbrush twice a day.