

Dietary Advice to Prevent Cavities

What are cavities?

Cavities are holes in our teeth because of decay.

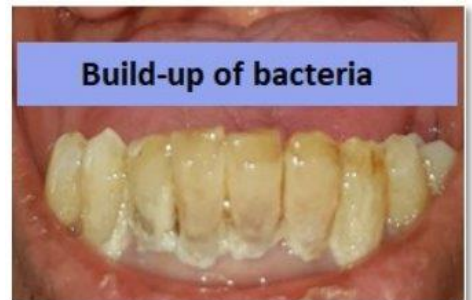
What are signs of possible cavities?

- Sudden sensitivity to hot, cold or sweet food or drinks
- Sudden pain, especially at night
- Feeling uncomfortable when eating
- Black shadow appearing on the tooth
- A hole in the tooth which was not there before



What causes cavities?

- When brushing and flossing are not done well, foods containing carbohydrates become trapped between teeth
- This leads to a build-up of bacteria which act on the food and produce acid
- The acid damages the tooth, causing cavities to form



What kind of diet is bad for teeth?

- Sugary foods such as candy or sweet drinks
- Sticky foods which remain on our teeth longer, such as caramel
- Eating sugary foods frequently (even in small amounts) leads to constant production of acid

Modify your diet to reduce your risk of cavities:

- Eat less sugary or sticky foods
- Watch out for added sugars in food or drink eg. Flavoured yogurt/milk and sauces
- Snack less often between main meals

What else can I do to prevent cavities?

- Keep your teeth clean by brushing twice every day and flossing once every day
- Use toothpaste with fluoride concentration of at least 1000ppm
- If you snack on sugary or sticky foods, try to rinse and brush your teeth soon after eating
- Go for regular dental checks

Information in this brochure was adapted from the following sources:

<http://dentalhealth.org.sg/public-education/publications-leaflets/>

<https://www.mouthhealthy.org/en/az-topics/d/diet-and-dental-health>