

# HEALTHY TREATS... AND SPOOKY SWEETS!

Halloween is coming – and so are those bags of sugary treats! Read on to find out how sugar found in sweets causes tooth decay, along with tips on protection and prevention.



## THE FRIGHTENING TRUTH ABOUT TOOTH DECAY

It's a fact - 57% of children aged 6 to 11 are affected by tooth decay\*, making it the most chronic disease of this age group. One of the main culprits? The rising amount of added sugar found in foods. When kids snack on foods with high sugar content, bacteria in the mouth uses the sugars to produce acids that breakdown tooth enamel causing tooth decay and cavities.

How can you help your kids prevent tooth decay and cavities? One way is to consume less sugar. The less exposure their teeth have to sweets, the healthier their teeth will be.

## TOOTH-FRIENDLY FOODS

Remember these choices for helping keep teeth healthy!

### CALCIUM-RICH FOODS

Milk products, some leafy green veggies and calcium-fortified orange juice help strengthen teeth and bones. Additionally, the vitamin D added to milk and other foods helps the body absorb calcium.

**TIP** cheese is a great snack – and it produces saliva that kills bacteria.

### FRUITS AND VEGGIES

Crunchy veggies like raw celery and carrots help produce saliva which neutralizes bacteria in the mouth, and the chomping massages gums. And fruit that's high in vitamin C, like kiwis and citrus fruits, help keep gums healthy.

**TIP** opt for fruits that are low in sugar, such as pears and apples; Beware of dried fruit which sticks to teeth and can cause decay.

### WATER

Drinking lots of water helps keep gums hydrated and doesn't involve the 'sugar rush' associated with pop.

## SCARE AWAY TOOTH DECAY!

With Halloween right around the corner, be mindful of these tips for protecting your kids' teeth:

- Limit high-sugar snacks. Candy, cookies and sweetened drinks like pop and juices are loaded with sugar, and should be enjoyed in moderation. Also beware of foods high in starch, as starch breaks down to simple sugars in the mouth, causing tooth decay.
- Read nutrition labels. Hidden sugars are lurking in many foods kids enjoy; check the sugar content and avoid foods with lots of added sugar.
- Help your kids develop good oral health habits. A daily oral care routine is a strong line of defense against tooth decay. Daily brushing and flossing helps remove plaque while a fluoride rinse helps strengthen tooth enamel. Rinsing with a fluoride rinse such as LISTERINE® SMART RINSE® helps ensure hard-to-reach areas for your child are also protected from tooth decay.
- Visit the dentist. Remember that regular checkups with your dentist will keep your kids' smiles looking healthy and beautiful.

## HELP YOUR KIDS DEFEND AGAINST TOOTH DECAY AND CAVITIES THIS HALLOWEEN WITH LISTERINE® SMART RINSE®!

It provides cavity protection and helps reverse the early stages of tooth decay. Plus, LISTERINE® SMART RINSE® works like a magnet to attract and remove the bacteria and food particles your child may miss when brushing. Sugar and alcohol free.

**LISTERINE®  
SMART RINSE®**



LISTERINE® SMART RINSE® is recommended for children 6 years and older.

Always read and follow the directions on the label.

\* <http://www.hc-sc.gc.ca/hl-vs/pubs/oral-bucco/fact-fiche-oral-bucco-stat-eng.php>

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