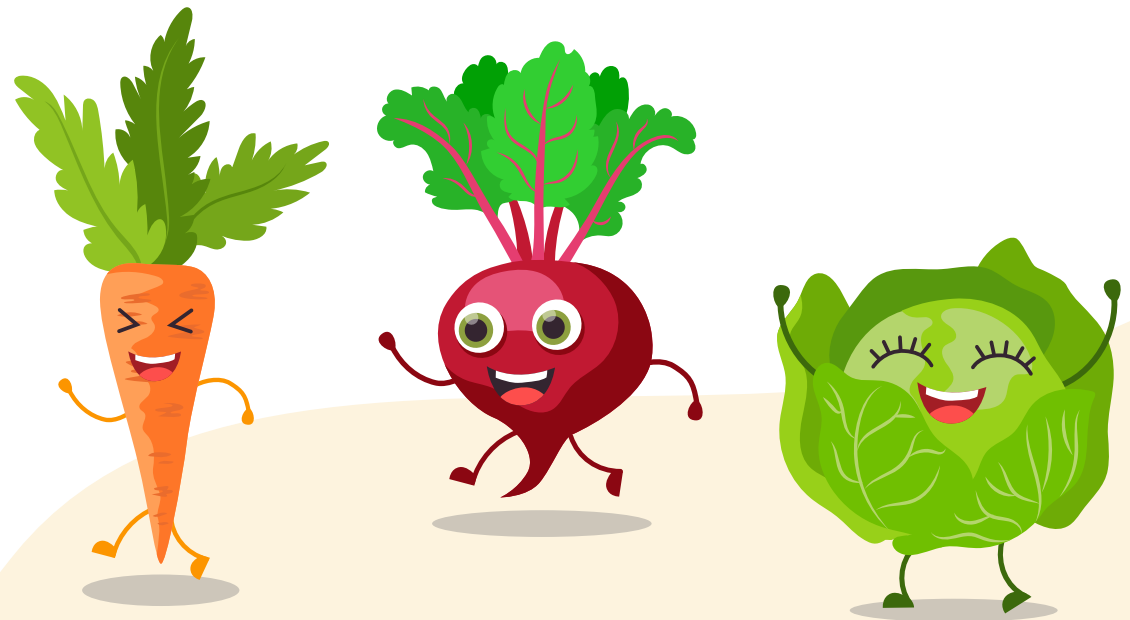


SUGAR & ORAL HEALTH



I can...

1. Explain how sugar affects my teeth, and
2. Describe three ways to eat that will help my teeth.



True or False?

Sugar is good for your body.



Read (or listen to!) this article.

Taking Care of Your Teeth





Coming Up in next lesson...

So how do we know what foods and drinks are sugary?





Show What You Know #1:

Can you explain
how sugar affects
your teeth?





Show What You Know #2:

Can you describe three ways to eat that will help your teeth?



FINDING SUGAR ON NUTRITION LABELS



I can...

1. Find information about sugar on a food label.
2. Read a food label to identify sugary foods and drinks.

Do You Remember?

What are three ways to eat that will help your teeth?



A Nutrition Label

Which section tells us about sugar?

1. Serving Information →

2. Calories →

3. Nutrients →

4. Quick Guide to percent Daily Value (%DV) ←

- 5% or less is **low**
- 20% or more is **high**

Nutrition Facts	
4 servings per container	
Serving size	1 cup (227g)
Amount per serving	
Calories	280
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrients Section of a Nutrition Label

Carbohydrates give us energy.
We need them.

Sugars are a kind of carbohydrate.
There are 2 kinds of sugars.

- Natural Sugars 😊
- Added Sugars ☹️

For healthy bodies and teeth, we should eat foods that have less than 5% **added sugars** and less than 20% **total carbohydrate**.

- Look at the sugar section of this food label.
- Is this a food that is good for teeth? Explain using evidence from the food label.



Total Fat 9g	12%
Saturated Fat 4.5g	23%
<i>Trans Fat</i> 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
<hr/>	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

Is a sports drink
a tooth healthy
choice?



Nutrition Facts

Serving size 1 Bottle (591 mL)

Amount per serving

Calories **140**

% Daily Value

Total Fat 0g **0%**

Sodium 270mg **12%**

Total Carbohydrate 36g **13%**

Total Sugars 34g

Includes 34g Added Sugars **69%**

Protein 0g

Potassium 80mg **0%**

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium, and iron.

Is yogurt a tooth healthy choice?



Nutrition Facts

About 5 servings per container

Serving Size 3/4 Cup (170g)

Amount per serving

Calories **120**

%Daily Value

Total Fat 7g **9%**

Saturated Fat 4.5g **25%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 85mg **4%**

Total Carbohydrate 9g **3%**

Dietary Fiber 0g **0%**

Total Sugars 8g

Includes 0g Added Sugars **0%**

Protein 6g **12%**

Vitamin D 1.9mcg 10%

Calcium 210mg 15%

Iron 0mg 0%

Potassium 280mg 6%

Are baby carrots a tooth healthy choice?



Nutrition Facts

Serving size **3oz (85g)**

Amount Per Serving

Calories 30

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 65mg **3%**

Total Carbohydrate 7g **3%**

Dietary Fiber 2g **7%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

Protein 1g **2%**

Vitamin D 0mcg **0%**

Calcium 27mg **2%**

Iron 1mg **6%**

Potassium 230mg **4%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Are fruit snacks a tooth healthy choice?



Nutrition Facts

Servings Size 1 pouch (44 g)
Serving Per Container 1

Amount per serving

Calories **130**

% Daily Value*

Total Fat 0g **0%**

Sodium 15mg **1%**

Total Carbohydrate 32g **12%**

Dietary Fiber 3g **11%**

Total Sugars 15g

Includes 11g Added Sugars **22%**

Protein 2g

Vitamin A 440mcg **50%**

Vitamin C 44mg **50%**

Vitamin E 7.3mg **50%**

Not a significant source of saturated fat, trans fat, cholesterol, vitamin D, calcium, iron, and potassium.

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Are crackers a tooth healthy choice?



Nutrition Facts
about 24 servings per container
Serving size 5 crackers (16g)

Amount per serving
Calories 80

% Daily Value*

Total Fat 4.5g	6%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	6%
Total Carbohydrate 10g	4%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein less than 1g	
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 0.5mg	2%
Potassium 10mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

RITZ
CRACKERS



Coming up in next lesson...

How tooth healthy
are the foods that
YOU eat?



✔ Show What You Know:

Is a Snickers bar a tooth friendly snack?

Explain your answer using evidence from the nutrition label.



The image shows a nutrition label for a Snickers bar. The label is white with black text on a dark background. It includes the following information:

Nutrition Facts	
48 servings per container	
Serving size	1 bar
Amount per serving	
Calories	250
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol <5mg	0%
Sodium 120mg	5%
Total Carbohydrate 33g	12%
Dietary Fiber 1g	4%
Total Sugars 27g	
Includes 25g Added Sugars	50%
Protein 4g	
Vit. D 0mcg 0%	• Calcium 50mg 4%
Iron 0.4mg 2%	• Potas. 150mg 4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CHOOSING DENTAL HEALTH FRIENDLY FOODS & DRINKS



I can...

1. Explain how what I eat and drink affects my teeth.
2. Use nutrition labels to make food/drink choices that keep my teeth healthy.

Do You Remember?

Is this cheese stick a
tooth friendly snack?

Explain using evidence
from the nutrition label.



Nutrition Facts

12 servings per container
Serving size 1 piece (28g)

Amount per serving
Calories 80

% Daily Value*

Total Fat 6g	7%
Saturated Fat 3g	16%
Trans Fat 0g	
Cholesterol 20mg	6%
Sodium 200mg	9%
Total Carbohydrates 1g	0%
Dietary Fiber 0g	0%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Protein 6g	12%
Vitamin D 0mcg	0%
Calcium 220mg	15%
Iron 0mg	0%
Potassium 0mg	0%

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Reminder:



Nutrition Facts	
12 servings per container	
Serving size	1 piece (28g)
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 6g	7%
Saturated Fat 3g	16%
<i>Trans</i> Fat 0g	
Cholesterol 20mg	6%
Sodium 200mg	9%
Total Carbohydrates 1g	0%
Dietary Fiber 0g	0%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Protein 6g	12%
Vitamin D 0mcg	0%
Calcium 220mg	15%
Iron 0mg	0%
Potassium 0mg	0%

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

We want this <20%

We want this <5%

Go-Slow-Woah

Go	Slow	Woah
less than 20% carbs AND less than 5% added sugars	less than 20% carbs OR less than 5% added sugars	more than 20% carbs AND/OR more than 5% added sugars
“These are great for teeth! Go ahead and enjoy!”	“These aren’t great, but they’re not bad for teeth. Enjoy a little sometimes, but not too often.”	“These are not good for teeth. Try to avoid these. When you do eat them, brush after!”

1. Choose 1 label from the table.
2. Examine the nutrition label.
3. Determine if it’s a Go, a Slow, or Woah food/drink.
4. Place it on the correct desk.
5. Repeat!

Create Your List of Tooth Friendly Snacks & Drinks

Make a list of 10 foods/drinks.

They should be mostly from the GO category, but can include some from the SLOW category.

Be sure the foods and drinks are ones that you like or would like to try.

You must have at least 2 drinks on your list.



Show What You Know:

Draw or write about a 4th grader making healthy food and drink choices that will keep their teeth healthy. Be **descriptive & specific** and be sure to show clearly what they are eating and drinking and why!