

FOOD & DRINKS & ORAL HEALTH



During today's class, you will...

1. Explain the importance of healthy food choices for oral health.
2. Demonstrate how to read a food label.
3. Compare and contrast beverages based on oral health impact.



Intro Activity

1

If a nutrition label lists 31 grams of sugar per serving and there are 2.5 servings in the container, how many total grams of sugar are in the 20 ounce Mt. Dew?



The image shows a nutrition label for Mt. Dew. The label is green and white. It includes the following information:

Nutrition Facts	
Serving Size 8 fl oz (240 mL)	
Servings Per Container 2.5	
Amount Per Serving	
Calories	110
% Daily Value*	
Total Fat	0g 0%
Sodium	50mg 2%
Total Carbohydrate	31g 10%
Sugars 31g	
Protein	0g

*Percent Daily Values are based on a 2,000 calorie diet.

CONTAINS: CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CONCENTRATED

2

Time to Guess:

Based on a daily 2000 calorie diet, how many grams of sugar is the **maximum** amount you should eat in a day?

What is the leading source of added sugar in the American diet?

What are health issues related to people who get too much added sugar?





30 g Servings Size

Nutrition Facts

Servings Size 15 pieces (30 g)

Amount per serving

Calories	90
-----------------	-----------

% Daily Value*

Total Fat 0g	0%
---------------------	-----------

Saturated Fat 0g	0%
------------------	-----------

Trans Fat 0g	
--------------	--

Sodium 25mg	1%
--------------------	-----------

Total Carbohydrate 22g	8%
-------------------------------	-----------

Dietary Fiber 0g	0%
------------------	-----------

Total Sugars 13g	
------------------	--

Includes 11g Added Sugars	22%
---------------------------	------------

Protein 1g	
-------------------	--

Vitamin A 230mcg	25%
------------------	-----

Vitamin C 23mg	25%
----------------	-----

Vitamin E 3.8mg	25%
-----------------	-----

Not a significant source of 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.

Nutrients Section of a Nutrition Label

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%

When Reviewing Foods and Drinks

Less than 20%DV carbohydrates

Less than 5%DV added sugars

Bonus 1: Calcium

Bonus 2: Vitamin D

Example: Favorite Foods/Drinks



Nutrition Facts

▼ Fierce Grape Thirst
Quencher

Serving Per Container
Serving Size 1.00 bottle(591ml)

Amount Per Serving

Calories **140**

Calories from Fat 0

% Daily Value*

Total Fat	0g	0%
Sodium	270mg	12%
Potassium	80mg	0%
Total Carbohydrate	36g	13%
Total Sugars	34g	
Added Sugars	34g	69%
Protein	0g	

Kosher 0

*Percentage Daily values are based on a 2,000 calorie diet. Your Daily values may be higher or lower depending on your calorie needs



Show What You Know

Name one food and one drink that you like **AND** that promotes oral health.



TAKING RESPONSIBILITY FOR ORAL HEALTH



During today's class, you will:

1. Analyze personal drink habits that contribute to oral health.
2. Explain the importance of being responsible for personal oral / dental health behaviors
3. Choose healthier drink options.

Intro Activity:

Complete these sentences.

1

Responsibility means

2

To be responsible means



Show What You Know: #1

How can you take responsibility for your own oral health?





Show What You Know: #2

Why is it important for you to be responsible for your own oral health?



HEALTHY PRACTICES TO HABITS



During today's class, you will...

1. Summarize the oral health benefits of good hygiene practices, healthy food choices and being tobacco free.
2. Create a personal wellness plan to boost and maintain oral health.

Intro Activity

A health practice is an action an individual does to support or maintain their health.

What health practices do you do? List as many as you can!



Using our health practices regularly

What do you **notice** about this plan?

What do you **wonder** about this plan?

What are some **other ways** this action can be practiced daily?



Show What You Know #1

Complete the sentence:

Responsibility managing my oral health means _____.





Show What You Know #2

What are the oral health benefits of brushing & flossing your teeth, eating and drinking healthy foods, and being tobacco/vape free?

