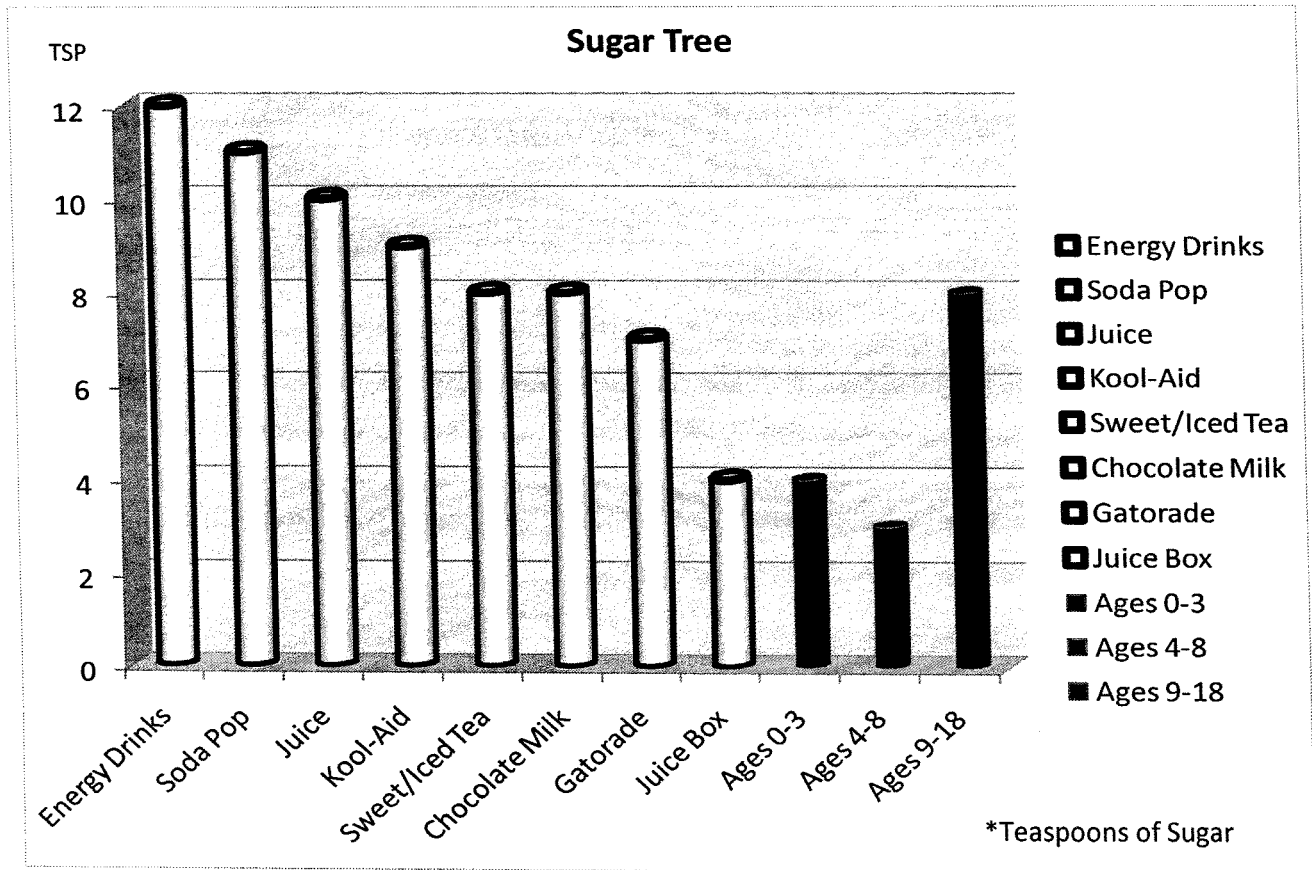


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100 grams of sugar=20 teaspoons -1/2 cup -3 1/2 ounces -400 calories

- ✓ Each time you eat a snack containing sugar or starch (carbohydrate), the resulting acid attack on your teeth can last up to 20 minutes.
- ✓ If you cannot brush your teeth after eating, rinse your mouth with water or mouthwash, or chew sugar-free gum. (This helps to restore the pH balance in the mouth)
- ✓ Avoid highly sugared foods especially sticky or slow melting such as: fruit snacks, suckers, mints, cough drops, caramel, fruit roll ups etc.
- ✓ Night time is the MOST important time to brush because the salivary flow slows down; saliva protects the teeth.

## Healthy Alternatives

*Powerade Zero	*String Cheese	*Flavored Water
*G2 Gatorade	*Rice Cakes	*Veggies
*Animal Crackers	*Fresh Fruit	*Nuts & Seeds