**Dental Health in Teens**

**NUTRITION**

Presented by

Forsyth Teens

---

**Why Focus on Oral Health?**

- Dental problems are the #2 reason for missing school
- There is a lack of dental education programs focused on teens
- 65% of adolescents age 16-19 have tooth decay or fillings in their permanent teeth

---

**Infectious Dental Disease**

- **Tooth Decay**
  - Also known as cavities or caries
  - “Holes” or damage to tooth enamel
  - Preventable
- **Gum Disease**
  - Infection to the gums
  - 2 stages: gingivitis and periodontitis

---

**WHAT HAPPENS WHEN YOU DON’T TAKE CARE OF YOUR TEETH?**

---

**Causes of Dental Disease**

- Bacteria causes infection by:
  - Sharing food
  - Sharing utensils
  - Sharing a toothbrush
  - Sharing lip balm
  - Sharing a straw

---

**Cavities**
**How Does a Cavity Form?**

Plaque Bacteria + Food = Acid

Acid + Tooth + Time = Cavity

---

**Keep teeth STRONG! Eat LESS SUGAR and FERMENTABLE CARBOHYDRATES**

---

**Sugar**

- Sugars found naturally in foods such as fruit and honey are no better for teeth than processed sugars (white table sugar and corn syrup).
- Dental disease depends on the amount of time the sugar is in the mouth, not just the amount of sugar in the treat.

---

**Stay Away From...**

- Sweets that:
  - Stick to teeth or
  - Dissolve slowly

These stay on teeth longer!

---

**Did You Know...**

- There are 12 teaspoons of sugar in one package of Twinkies?
- 1 can of soda has 10 teaspoons of sugar?
- The average teenage boy drinks 81 gallons of soda a year!
- 4 grams of sugar = 1 teaspoon

---

**Soda**

Regular Soda

<table>
<thead>
<tr>
<th>Sugar + Phosphoric Acid</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diet Soda</td>
</tr>
</tbody>
</table>

Both = TOOTH DECAY!!!!
Fermentable Carbohydrates

- Also known as “starch”
- Become “sugar” when in the mouth
- Found in: crackers, pretzels, goldfish, potato chips and other snacks

Less Harmful Foods

- Dissolve quickly
- Examples:
  - Nuts, popcorn, pumpkin or sunflower seeds
  - Fresh juicy or crisp fruit such as apples, berries and melons.

Helpful Hints

- Eat sweets with a meal
- Plan sweets and starchy snacks so they are eaten all at once and not throughout the day
- Right after snacking on candy and starchy foods, munch on low-fat cheese, raw carrots, celery, apples or other crisp vegetables and fruits
- Swish with water

Healthy Snacks for Healthy Smiles

- Protein-rich foods may reduce risks for cavities
  - Nonfat/low-fat dairy products, lean meats, eggs, nuts and seeds
- Raw vegetables and fruits help increase saliva to “wash” food particles and harmful acid from teeth
  - Try carrots, celery, cucumbers, broccoli, spinach, tomatoes, bell and chile peppers or jícama

Tart... Not So Smart!

- Sweet and sour foods/drinks are very risky for teeth!
- When acid stays on your teeth, the hard protective layer of your teeth (enamel) starts to dissolve and weaken
  - Causes teeth to chip or break and may start the formation of cavities
- Teeth can become sensitive

Dangerous Sour Foods

- Salt and lemon powder (aka sal y limoñ)
- Sour candies
- Pickles
- Tamarind candy (aka dulce de tamarindo)
- Salted dried plums (saladitas)
- Chamoy
- Lemons and limes
Acid in Drinks

<table>
<thead>
<tr>
<th>ITEM</th>
<th>HIGH-ACID*</th>
<th>HIGH-SUGAR**</th>
<th>DID YOU KNOW?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
<td>No</td>
<td>No</td>
<td>Great for your body anytime</td>
</tr>
<tr>
<td>Milk</td>
<td>No</td>
<td>Moderate</td>
<td>High in calcium for teeth</td>
</tr>
<tr>
<td>Coca</td>
<td>Yes</td>
<td>Yes</td>
<td>Just sugar and caffeine</td>
</tr>
<tr>
<td>Lemon-lime soda</td>
<td>Yes</td>
<td>Yes</td>
<td>May have added caffeine</td>
</tr>
<tr>
<td>Diet Soda</td>
<td>Yes</td>
<td>No</td>
<td>Acids and artificial flavors</td>
</tr>
<tr>
<td>100% orange juice</td>
<td>Yes</td>
<td>Yes</td>
<td>Rich in vitamins and minerals</td>
</tr>
<tr>
<td>Snapple Lemonade</td>
<td>Yes</td>
<td>Yes</td>
<td>Only 10% juice, plus sugar</td>
</tr>
<tr>
<td>Kool-Aid</td>
<td>Yes</td>
<td>Yes</td>
<td>Only sugar, little else</td>
</tr>
<tr>
<td>Red Bull</td>
<td>Yes</td>
<td>Yes</td>
<td>Sugar and caffeine</td>
</tr>
<tr>
<td>Sunny Delight</td>
<td>Yes</td>
<td>Yes</td>
<td>Only 5% juice, few nutrients</td>
</tr>
<tr>
<td>Iced tea (with lemon)</td>
<td>Yes</td>
<td>Yes</td>
<td>No nutrients unless added</td>
</tr>
<tr>
<td>Capri Sun orange</td>
<td>Yes</td>
<td>Yes</td>
<td>Only 10% juice, few nutrients</td>
</tr>
<tr>
<td>Sobe Energy</td>
<td>Yes</td>
<td>Yes</td>
<td>Benefits of tea is not certain</td>
</tr>
</tbody>
</table>

* Nearly as acidic as lemon juice!  ** 4 teaspoons sugar or more per 8 oz.

Protect Teeth From Acids

- Rinse mouth with water after eating acidic foods
- Do not brush teeth right after eating acidic foods since the tooth surface is weakened
- Munch on juicy, crunchy fruits and vegetables
- Chew sugarless gum
- Eat cheese or drink milk

Make Wise Choices

<table>
<thead>
<tr>
<th>Low Sugar (BEST!)</th>
<th>Moderate Sugar (GOOD)</th>
<th>High Sugar &amp; Acid (LIMIT)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh vegetables</td>
<td>Whole grain crackers</td>
<td>Sal y Limon</td>
</tr>
<tr>
<td>Nuts</td>
<td>Milk</td>
<td>Dulce de tamarindo</td>
</tr>
<tr>
<td>Popcorn</td>
<td>Low-fat yogurt</td>
<td>Chemoy</td>
</tr>
<tr>
<td>Lean meats &amp; poultry</td>
<td>Fruit juices</td>
<td>Saladitos</td>
</tr>
<tr>
<td>Seafood</td>
<td>Bananas</td>
<td>Dried fruits</td>
</tr>
<tr>
<td>Low fat cheese</td>
<td></td>
<td>Cookies</td>
</tr>
<tr>
<td>Fresh fruit</td>
<td></td>
<td>Chewy-slicky candy</td>
</tr>
</tbody>
</table>

For Further Questions, Ask Your NURSE or HEALTH CARE PROVIDER

THANK YOU!

QUESTIONS?

Dental Health Initiative
Share the Care
San Diego County Health and Human Services Agency

Peggy Yamagata, RDH, MEd
Diane Ballerino-Regan, MD, MS
Iris Rayngay, MPH
Mary Grace Sadile
Dalal Naqshbandi