Dental Health in Teens

Nutrition

Share the Care
San Diego County Health and Human Services Agency
Why Focus on Oral Health?

• Dental problems are the #__ reason for missing ______

• There is a lack of dental education programs focused on _____

• ___% of adolescents age ___-___ have ______ _____ in their permanent teeth
WHAT HAPPENS WHEN YOU DON’T TAKE CARE OF YOUR TEETH?
Infectious Dental Disease

- Also known as cavities or caries
- “Holes” or damage to tooth enamel
- Preventable

- Infection to the gums
- 2 stages: gingivitis and periodontitis
Causes of Dental Disease

- _______ causes infection by:
  - Sharing _____
  - Sharing __________
  - Sharing a _________
  - Sharing ___ _____
  - Sharing a ______
Cavities
How Does a Cavity Form?

Plaque Bacteria + Food = Acid

Acid + Teeth + Time = Cavity
Keep teeth _______!
Eat _______ _______ and

__________
• Sugars found _________ in foods such as fruit and honey are __ ______ for teeth than processed sugars (white table sugar and corn syrup)

• Dental disease depends on the amount of ____ the sugar is in the mouth, not just the amount of _____ in the treat
Stay Away From...

• Sweets that:
  o _____ to teeth or
  o __________

• These stay on teeth _______!
Did You Know...

• There are __ __________ of sugar in one package of ________?
• ____ of soda has __ __________ of sugar?
• The average teenage ___ drinks ___ _________ of soda a year!
• ____ _______ of sugar =
  __ __________
Soda

Regular Soda
Sugar + Phosphoric Acid

VS.

Diet Soda
Phosphoric Acid

Both = TOOTH DECAY!!!!!
Fermentable Carbohydrates

• Also known as “______”
• Become “______” when in the mouth
• Found in: crackers, pretzels, goldfish, potato chips and other snacks
Less Harmful Foods

- Dissolve _____
- Examples:
  0 _____, ________, _______ or _________
  o Fresh juicy or crisp _____ such as apples, berries and melons.
Helpful Hints

• Eat sweets with a _____
• _____ 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 __________ and _______
• Swish with _____
Healthy Snacks for Healthy Smiles

- ______ foods may reduce risks for _______
  - Nonfat/low-fat dairy products, lean meats, eggs, nuts and seeds
- _____ _______ and ______ help ______ 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!

- _____ and ____ _____/______ are very risky for teeth!
- When acid stays on your teeth, the hard protective layer of your teeth (enamel) starts to dissolve and ______
  - Causes teeth to chip or break and may start the formation of cavities
- Teeth can become _________
Dangerous Sour Foods

- ___ and ______ ____________
  (aka sal y limón)
- ______ __________
- ______
- ______ candy (aka dulce de tamarindo)
- _______ __________
  (saladitos)
- ______
- ______ and ______
## 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 and bones</td>
</tr>
<tr>
<td>Cola</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 (Pre-sweetened w/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 herbs 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.
• Brush teeth right after eating acidic foods since the tooth surface is sensitive.
• Munch on cheese, yogurt fruits and vegetables.
• Chew sugarless gum.
• Eat milk or drink water.
## 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 Límon</td>
</tr>
<tr>
<td>Nuts</td>
<td>Milk</td>
<td>Dulce de tamarindo</td>
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<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-sticky candy</td>
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<tr>
<td></td>
<td></td>
<td>Hard candy</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Crackers</td>
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</tbody>
</table>
THANK YOU!

QUESTIONS?
For Further Questions, Ask Your NURSE or HEALTH CARE PROVIDER
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Share the Care
San Diego Health and Human Services Agency

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