

Fizz Free February 2021 Oral Health Newsletter



We are the Oral Health Promotion team.

Our vision is that every child is given the best start in life and the opportunity to grow up free from dental decay.

Tooth decay is largely preventable yet it remains serious problem.

We aim to improve the oral health of all children.

As part of SUGAR SMART, We are getting involved in Fizz Free February.

A campaign about pledging to give up all fizzy drinks for 28 days.

Starting Monday 1st February

Fizzy drinks are the largest single source of sugar for children and cutting them out is an easy way to reduce your sugar intake.

Pledging to go Fizz Free for the month of February will make cutting down for the rest of the year easier. As the shortest month of the year February is a good time, set to yourself a challenge.

How does a fizzy drink affect your teeth?

Sugar in soda combines with bacteria in your mouth to form acid, which attacks the teeth. Diet or "sugar-free" soda contains its own acid, which also can damage teeth. Each attack lasts about 20 minutes and starts over with every sip of soda you take. These ongoing acid attacks weaken the tooth enamel. .



The maximum daily amount of added sugar are:

4-6 years 5 sugar cubes 19 grams
7-10 years 6 sugar cubes 24 grams
11+ years 7 sugar cubes 30 grams



Best choices

Cut down the amount of sugar in your diet

Swap sugary food and drink to healthy choices :

change fizzy drinks
to

Water, opt for lower fat milks and choose sugar-free or no sugar options.

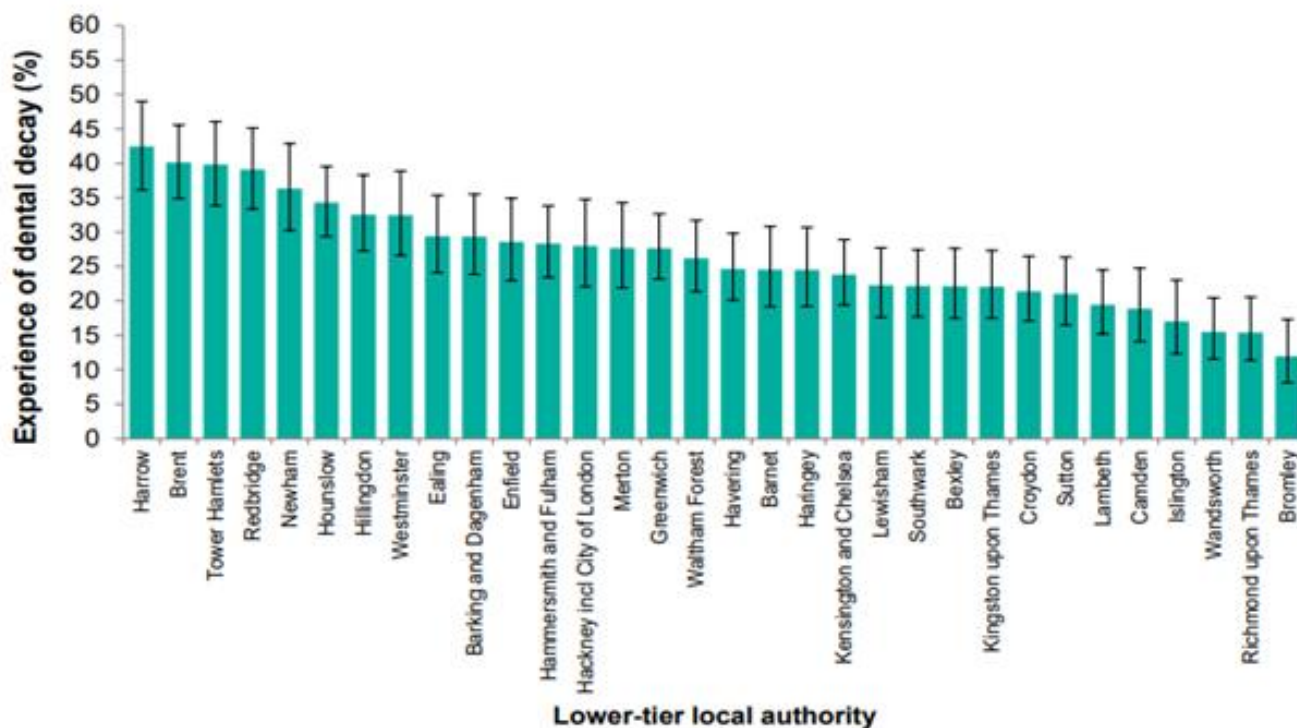


Figure 9: Prevalence of experience of dental decay in 5-year-olds in the North East by lower-tier local authority area, 2019.

Time to change!

In the most recent dental survey, of the 5 year olds screened within London evidence showed high levels of decayed, missing or filled teeth.

Measures have been taken to try to reduce the tooth decay rates in all boroughs but support is needed from families and all staff who work with children.

Tooth decay has a massive impact on a child's ability to develop and thrive properly. We need you to protect children's oral health, to give them a brighter future!

Fill in the family wall chart for each day you quit fizz this February

Name								
01/02/2020								
02/02/2020								
03/02/2020								
04/02/2020								
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change 4 life

Food Scanner



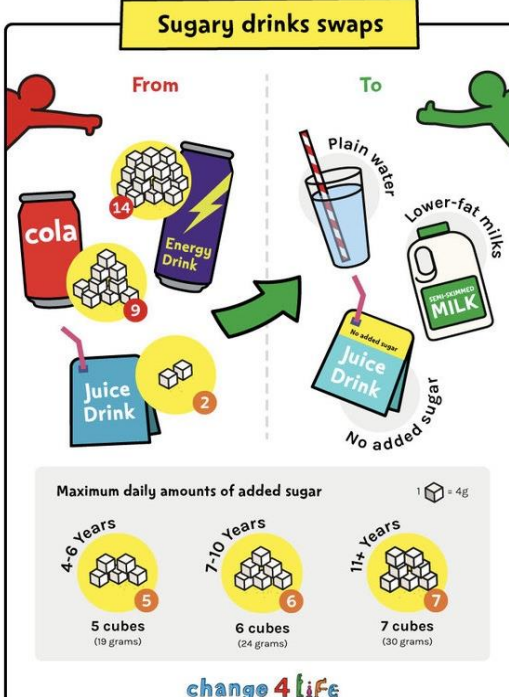
Get the Food Scanner app

Brings food labels to life and find out what's really inside your food and drink

Available on the **App Store** | GET IT ON **Google Play**

Make some smart swaps

Sugary drinks swaps



From

- cola: 14 cubes
- Energy Drink: 9 cubes
- Juice Drink: 2 cubes

To

- Plain water
- Lower-fat milk
- Juice Drink (No added sugar)

1 cube = 4g

Age Group	Maximum daily amount of added sugar (cubes)	Maximum daily amount of added sugar (grams)
4-6 Years	5 cubes	19 grams
7-10 Years	6 cubes	24 grams
11+ Years	7 cubes	30 grams

change 4 life

It's also important to be aware of drinks that are fizzy but contain no sugar.

Drinks that contain acid to make them fizzy can cause dental erosion.

Dental erosion is when the acid in some drinks mainly fizzy wear away the enamel (The first layer of the tooth)

Especially in drinks like sparkling water if consumed on a regular basis.

WOULD YOU LIKE TO BE A FIZZY DETECTIVE



Do you want to investigate how much sugar is in fizzy drinks?

Follow the investigation guide and record your findings below:

To find out if your drink contains sugar, look at the label under the ingredients



Check the label

Most products have traffic light labels, usually on the front of the pack. Go for more greens and ambers, and cut down on reds.

INVESTIGATION GUIDE

1. To find out if your drink contains sugar, look at the label under the ingredients

2. Work out how many spoons of sugar the drink contains using this sum:
Divide the total number of sugar in the fizzy drink by 4.



Your answer is then the amount of spoons of sugar the Fizzy drink contains. (See investigation table for an example)

3. Fill out your investigation notes below with your findings

4. **CONGRATULATIONS! You are now a FIZZY DETECTIVE!**

Fizzy drink	Does it contain sugar on the ingredient's list	How many spoons of sugar does it have?
Example: Cola	Yes it contains sugar	The whole can of cola has 36grams of sugar divided by 4 (grams per spoon) Cola contains 9 spoons of sugar $36 \div 4 = 9$

Congratulations!

**You went Fizz Free for
all of February!**

Name _____



**SAVE YOUR
POCKET MONEY**



STAY HEALTHY



**KEEP YOUR
TEETH**