



**‘A Healthy Diet = A Healthy Smile’**

# **The Importance of Nutrition in Oral Health**

**Denise McCarthy, Dietitian Manager**

**St Michael's House Oral Health Awareness Week 2022**

# How To Use This Resource



**Denise McCarthy,  
Dietitian Manager**

- It suggested that service users listen to this presentation with their key worker or other staff or family member
- There are some useful links at the end of the video
- Key points from this resource can be downloaded from the Activity Hub in the Oral Health week section

# Oral Health & Nutrition



## Topics:

1. Importance of good oral health
2. Good Nutrition = Good Oral Health
3. What is a healthy diet?
4. Dental decay & diet
5. Timing of meals and snacks
6. Sugar Quiz

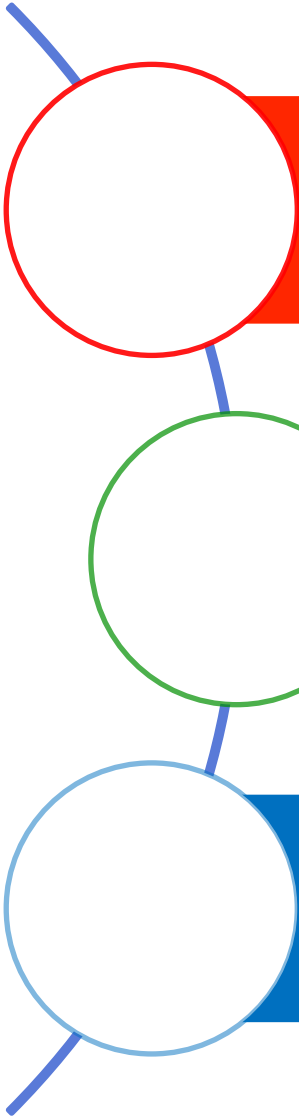
# Why is Good Oral Health Important?

**Good oral health helps with :-**

1. Speaking
2. Smiling
3. Chewing
4. Tasting
5. Swallowing



# Importance of Good Oral Health



Oral Health = health of the oral cavity (all areas of the mouth) that allows us to smile, speak and chew

Good oral health prevents tooth loss – dental decay and gum disease

Poor dental health can lead to poor health Studies show that conditions such as heart disease, stroke & diabetes can be made worse with poor dental care

# What is a Healthy Diet?

There are 3 main food groups



- **Carbohydrates:** sugar, starches and fibre all provide energy to the body
- **Fat:** helps protect the body's organs and keeps the body warm
- **Protein:** helps the body with growth and repair of muscles

# Carbohydrates

- **Sugars:** any food that has sugar added to it such as sweets, cakes, biscuits. Fizzy drinks also contains a lot of sugar. Other sources are sugars found naturally in fruit.
- **Starches:** bread, cereal, pasta and rice.
- **Fibre:** whole grains, beans, seeds, nuts, fruit & vegetables.

# A Healthy Diet – What is it?

## Healthy Food for Life

www.healthyireland.ie



### The Food Pyramid

For adults, teenagers and children aged five and over

Not needed for good health

Foods and drinks high in fat, sugar and salt

NOT every day

Most people consume snacks high in fat, sugar and salt and sugar sweetened drinks up to 6 times a day (Healthy Ireland Survey 2016). There are no recommended servings for Top Shelf foods and drinks because they are not needed for good health.

Fats, spreads and oils

In very small amounts

Use as little as possible. Choose mono or polyunsaturated reduced-fat or light spreads. Choose rapeseed, olive, canola, sunflower or corn oils. Limit mayonnaise, coleslaw and salad dressings as they also contain oil. Always cook with as little fat or oil as possible – grilling, oven-baking, steaming, boiling or stir-frying.

Meat, poultry, fish, eggs, beans and nuts

2 Servings a day

Choose lean meat, poultry (without skin) and fish. Eat oily fish up to twice a week. Choose eggs, beans and nuts. Limit processed salty meats such as sausages, bacon and ham.

Milk, yogurt and cheese

3 Servings a day

Choose reduced-fat or low-fat varieties. Choose low-fat milk and yogurt more often than cheese. Enjoy cheese in small amounts. Women who are pregnant or breastfeeding need 3 servings a day.

Wholemeal cereals and breads, potatoes, pasta and rice

3-5 Servings a day

Up to 7\* for teenage boys and men age 16-50. Wholemeal and wholegrain cereals are best. Enjoy at each meal. The number of servings depends on age, size, if you are a man or a woman and on activity levels. Watch your serving size and use the Daily Servings Guide below.\*

Vegetables, salad and fruit

5-7 Servings a day

Base your meals on these and enjoy a variety of colours. More is better. Limit fruit juice to unsweetened, once a day.

\*Daily Servings Guide – wholemeal cereals and breads, potatoes, pasta and rice

Active	Child (5-12)	Teenager (13-18)	Adult (19-50)	Adult (51+)	Inactive	Teenager (13-18)	Adult (19-50)	Adult (51+)
	3-4	4	4-5	3-4		3	3-4	3
	3-5	5-7	5-7	4-5		4-5	4-6	4

There is no guideline for inactive children as it is essential that all children are active.

Average daily calorie needs for all foods and drinks for adults

Active 2000kcal Inactive 1800kcal Active 2500kcal Inactive 2000kcal

Serving size guide

Cereal, cooked rice and pasta, and vegetables, salad and fruit. Use a 200ml disposable plastic cup to guide serving size.

Cheese. Use two thumbs, width and depth to guide serving size.

Meat, poultry, fish. The palm of the hand, width and depth without fingers and thumb, shows how much you need in a day.

Reduced-fat spread. Portion packs found in cafes can guide the amount you use. One pack should be enough for two slices of bread.

Oils. Use one teaspoon of oil per person when cooking or in salads.

Drink at least 8 cups of fluid a day – water is best

Get Active! To maintain a healthy weight adults need at least 30 minutes a day of moderate activity on 5 days a week (or 150 minutes a week); children need to be active at a moderate to vigorous level for at least 60 minutes every day.



# Different Types of Sugar

## 2 Different Types of Sugar

1. Natural Sugar
2. Refined Sugar

All the different names for sugar in foods

Sugar, High Fructose Corn Syrup, Brown Sugar, Corn Syrup, Fructose, Honey, Dextrose, Invert Sugar, Molasses, Maple Sugar, Levulose, Turbinado Sugar, Raw Sugar, Confectioner's Sugar, Corn Syrup Solids, Maltose, Maltodextrin, Evaporated Cane Juice, Rice Syrup, Fruit Juice Concentrate, Lactose ...etc.



# Look at Ingredient Labels

- Ingredients are listed in order by highest concentration first
- Stay clear of foods that include sugar as one of the main ingredients (first few ingredients)

## Look at the ingredients in a can of Coke

**Read it from the bottom up –  
it's caffeinated, flavoured,  
coloured, sugared water!**



# Dental Decay & Diet

## Main cause of tooth decay:

- Sugary foods & drinks and acidic foods and drinks
- Frequency & amount
- Timing of snack or drink
- Length of time in mouth



# Acidic Foods & Drinks



## Examples

- ✗ Carbonated drinks, anything with a fizz
- ✗ Alcohol, especially wine.
- ✗ Juice, especially those high in citrus.
- ✗ Sports drinks.
- ✗ Soda and soft drinks (even sugar-free types)

# Timing of Snacks



Limit the amount of snacks in between meals



Acid is produced when sugar combines with bacteria in the mouth. This acid can cause damage to the tooth



Eating sweets/ dessert after a meal is better than eating on its own. The saliva in the mouth produced eating a meal helps neutralise the acid when sugar is consumed

# Timing of Snacks



If planning to have sweet snacks, choose to have after a meal

Choose savoury snacks in between meals to keep energy levels up, such as cheese & crackers or chopped apple or rice crackers with nut butter for example





I'M SURROUNDED BY SUGAR! IT'S EVERYWHERE! AND IT'S SO TASTY!





# Oral Health & Diet



So which foods contain sugar?







# Oral Health & Diet

## How often should you have sugar?

Sugary foods should be considered a 'treat' food and not consumed daily

The longer it takes to chew the sugary snack the more time it coats the tooth. Sweets such as hard candy and toffees should always be avoided.





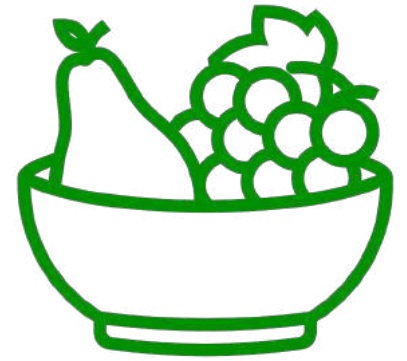
# Drinks

- The frequency of acidic drinks such as fruit juices, squashes and fizzy drinks (including diet fizzy drinks and sports drinks) should be limited to **meal times only**
- Risk of dental erosion may be reduced by drinking acidic drinks through a straw placed behind the front teeth and well to the back of the mouth





# Healthy Snacks



To prepare a healthy snack, include two of the following food groups:

- vegetables and fruit, grain products, milk or yoghurts, meat or meat alternatives

## Examples:

- Chopped apple with nut butter
- Chopped vegetables with soft cheese
- 1 x slice of wholegrain bread with cheese or cold meat
- Yoghurt (sugar free) with fruit



# Not So -Healthy Snacks!



Are poor snack and drink choices as they may contribute to dental decay due to high sugar content. These foods and drinks should not be taken between meals, and if eaten should be taken with or at the end of a meal.



# Not So -Healthy Snacks!



- Avoid soft sticky foods that are high in sugar and can stay in the mouth longer and even stick to your teeth
- Snacks to avoid: hard candy, toffees, dried fruit such as raisins, lollipops, jellies are some examples



# Tips on how to reduce sugar



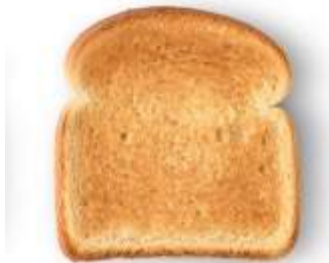
# Points to focus on when looking at various foods:



## Cereals

**Consider Cornflakes instead of Frosties**

**Try Rice Krispies instead of Cocopops**



## Bread

**Avoid jam or marmalade on toast**



## Fruit

**Fresh fruit instead of dried fruit**

**Tinned fruit in fruit juice instead of fruit in syrup**



## Yoghurts

**Try sugar free instead of regular options**



# Points to focus on when looking at various foods:



**Milk**

Regular milk instead of flavoured



**Jelly**

Sugar free instead of regular



**Table  
Sugar**

Use sweetener as part of the diet **(not suitable for children under 3 years of age)**



**Drinks**

Milk and plain water



# Sugar Quiz



**SUGAR QUIZ**



How many cubes of  
sugar do you think  
there are in a can of  
coca cola?

**10 Cubes**

**1 Cube = 4 grammes of  
sugar**



**SUGAR QUIZ**



=



How many cubes of sugar do you think there are in a Twix bar?

**6 Cubes**

**1 Cube = 4 grammes of sugar**



**SUGAR QUIZ**



=



How many cubes of sugar do you think there are in a Lion bar?

**5 Cubes**

**1 Cube = 4 grammes of sugar**



**SUGAR QUIZ**



=



How many cubes of  
sugar do you think  
there are in a  
Yoghurt?

**1 Cubes**

**1 Cube = 4 grammes of  
sugar**



**SUGAR QUIZ**





=



How many cubes of  
sugar do you think  
there are in a  
digestive biscuit?

**2 Cubes**

1 Cube = 4 grammes of  
sugar



**SUGAR QUIZ**



How many cubes of  
sugar do you think  
there are in an apple?

=



**2 Cubes**

1 Cube = 4 grammes of  
sugar



**SUGAR QUIZ**

# Summary



- Good oral health is linked to good health
- Better healthy snack choices helps to promote good oral health
- Sugar is everywhere, be aware of food labels
- Timing of snacks:- if having a high sugar snack, have just after a meal
- Drinks that are carbonated (have fizz), juices and alcohol can also damage the tooth
- Make smart choices, everything in moderation and.... **SMILE!**



# More information is available from



- [www.healthyireland.ie](http://www.healthyireland.ie)
- <https://www.safefood.net/start/healthy-eating/replacing-sugary-drinks>
- <https://www.safefood.net/treats>
- [https://www.indi.ie/images/public\\_docs/246\\_oral\\_health.pdf](https://www.indi.ie/images/public_docs/246_oral_health.pdf)
- <https://www2.hse.ie/wellbeing/how-to-eat-well.html>



**COVID-19 UPDATE:** In line with public health advice, visitor and service restrictions are currently in place in St. Michael's House. [See our Covid-19 organisation updates.](#)



Welcome to St. Michael's House

Click to view our video outlining our services and facilities.

THE GREATER

### COVID-19 Support Pages

Covid-19 - Children, Young Persons & Family Supports

Covid-19 - Adult and Family Supports

Covid-19 - Organisation Updates

Covid-19 - Video Supports

Activity Hub

YourOTC



**A copy of this presentation can be downloaded from the St Michael's House Activity Hub**