



# What is Tooth Decay?

**Your teeth and your body work together. If one is being damaged by bad eating, soon the other will too! Tooth decay starts with a diet that has too much sugar and not enough good foods.**

- Brushing your teeth everyday will prevent tooth decay
- Fruits, vegetables and whole grains are good fuel for your body
- Eating sugar causes acid to form on your teeth
- It's up to your dentist to keep your teeth healthy and strong
- There is no sugar in water

TRUE	FALSE

Sugar is in many of the foods we eat.

**Natural Sugar:** some foods contain natural sugar. These are the goods kinds of sugars that give you energy and break down more slowly in the body.

- Fruits
- Low-fat dairy products
- Whole grains



**Added Sugar:** Many packages foods are sweetened with sugar. Too much added sugar is not healthy. Look at the label on packaged foods. If you find these words in the list of ingredients, you know sugar has been added.

- Maltose
- Sucrose
- High Fructose Corn Syrup
- Dextrose



**Guess which kinds of sugar are in the following foods:**

	Natura l	Adde d
Apples		
Cupcakes		
Fruit Snacks		
Cereal		
Grapes		
Pineapple		
Pure Maple Syrup		
Cookies		
Raspberries		