**Don’t get in a jam**

The bacteria in your mouth **LOVE** sugary foods and drinks. If you eat them too often, the bacteria get lots of chances to turn sugars into acids.

Some foods and drinks are tooth-friendly. **Dentists say that milk and water are the only safe drinks for teeth between meals.**

Cheese is **good** for your teeth! Eating a small piece of cheese after a meal can help protect your teeth from decay.

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**Did you know?**

- The biggest tooth in the world belongs to a Sperm whale. Its whole bottom jaw is one big tooth that measures up to 5 metres long!
- Rabbits’ teeth **never** stop growing!
- Lemon sharks get a whole new set of teeth every 2 weeks. They can grow more than 24,000 new teeth a year!
- Snakes can **digest** the teeth of their prey!
- Minnows have teeth in their throats!

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**CHOMP!**

Let’s see them gnashers!

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**BDA**

**Dairy Council**
**Teeth are amazing!**

They are covered in the hardest substance in your whole body, called enamel. Without teeth it would be impossible to bite or chew your food.

Some animals have lots of teeth. **Snails can have up to 250,000!**

People have far fewer than that. Young children only have 20 teeth and adults with a ‘full-set’ have 32.

Teeth need calcium to grow and stay healthy. You can get calcium from a variety of foods. Milk, cheese and yogurt all contain lots of calcium.

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**Dastardly decay**

Did you know that there are **MILLIONS of bacteria in YOUR mouth**? Everybody has bacteria in their mouths which munch on the sugars left behind after eating. The acids they make can cause holes in your teeth. This is called tooth decay.

To help fight tooth decay you need to **brush your teeth at least twice a day** with fluoride toothpaste.

**What you eat**, and how often you eat, **also makes a BIG difference** to whether or not your teeth stay healthy.

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**Phil McGavity’s Toothy Tips**

- Try to drink only milk or water between meals
- Brush your teeth at least twice a day — once in the morning and once before you go to bed
- Limit sugary foods and drinks to mealtimes instead of between meals
- Visit the dentist every six months.

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**Lucy’s Smiley Snacks**

- Cheese cubes
- Pineapple and cheese
- Cheese on toast
- Crackers and cheese
- Glass of milk
- Homemade plain popcorn
- Fresh fruit pieces and vegetable sticks