



Food and Drink Clock

How to complete your foods and drink clock

This pack contains a food and drink clock to colour in each time you eat or drink anything containing sugar.

When completing your chart please fill in the area of the clock at the times when food or drink is consumed using two colours one for food/meals/snacks and one for drinks (water/sugar free drinks should not be counted).

The food and drink clock is to be completed over 5 days and handed into your dentist to assess at your dental health check.

Why must we limit our sugar and acid attacks?

When plaque germs mix with sugar from our food and drinks it makes acid. This acid rots the tooth surfaces and it can cause holes. These holes can be very painful.

Your body makes saliva in your mouth whenever you have food and drink and this is very good at washing away the acid. If you allow the plaque to make more acid than the saliva can wash away then a hole will form. If you limit food and drink containing sugar each day then you allow the saliva enough time to wash away the acid and avoid holes forming.

If we keep sugar intakes to no more than 5 times per day then the teeth will not be attacked by acid more than 5 times per day, and it has been proven that this allows saliva to heal the damage created by these attacks which also means that there will be no holes formed in teeth.

