

ASK THE EXPERT



DIETITIAN FROM COMMUNITY AND PUBLIC HEALTH, NICOLA FRAHER UPDATES YOU ON FOOD LABELLING.

All food labels are legally required to have certain information so that we can compare foods and select those that are most nutritious for us.

1. Firstly, there is the Ingredient List. Ingredients are listed in order of amount, from high amount to low amount. It is beneficial for your health avoid foods with the first few ingredients listed being a type of fat, sugar or salt.
2. Second, is the Nutrition Information Panel which will always list nutrients in the same order per serving size and per 100g. Use the 100g column to compare different foods and drinks as serving sizes will usually differ in size.

Example of a food label:

Ingredients: (listed starting with the ingredients there is most of, to the ingredients there is least of).		
NUTRITION INFORMATION (average)		
Serving size: 25g (1 bar)		
Servings per package: 8		
	Per serve	Per 100g
Energy (kj)	415	1660
Protein (g)	1.6	6.5
Fat, Total (g)	2.7	10.9
- Saturated (g)	2.6	10.5
Carbohydrate, Total (g)	16.3	65
- Sugar	8.4	33.7
Sodium (mg)	39	156
Dietary Fibre (g)	1.3	5.0

3. In particular, look at fat, sugar and sodium (salt) content in food and drinks. There are some exceptions, but in general for healthy food choices, look for less than 10g of fat and sugar, and 450mg sodium per 100g. In the example above you can see that both fat and sugar content per 100g is more than what is recommended for a healthy choice.

If you have a question about food and oral health, please email it to freedentalcare@cdhb.govt.nz



If you have any queries or material for the next issue, please contact us (Community Dental Service) on 03 364 0469, or email freedentalcare@cdhb.govt.nz. This newsletter will be distributed once each school term. Please feel free to reproduce any of the articles in your own publications for educational purposes.

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TEEN

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SMILES

ADOLESCENT ORAL HEALTH NEWSLETTER

IT'S FREE & IT'S ALL GOOD!

Enrolled for Free Dental Care?

ARE YOU

- UNDER 18, AND
- HAVE STARTED HIGH SCHOOL, OR
- HIGH SCHOOL AGE, BUT NOT AT SCHOOL ANYMORE?

Although there is no school based dental service at high schools, you can still receive **Free Dental Care**.

You can receive **Free Dental Care** until you're 18 whether you are at high school, work, course or couch!

You have to be enrolled with a dentist to receive **Free Dental Care**.

If you're not, you can do so simply by contacting a private dentist and ask to enrol for **Free Dental Care**.*

FOR MORE INFORMATION GO TO:
WWW.CDHB.GOV.TZ/DENTALCARE/YOUTH
 OR CALL OUR TOLL FREE NUMBER:
 0800-ITS FREE / 0800 487 3733

* Not all dentists provide free care so you might have to try a few different ones, or use the list of dentists providing free care on our website.



TRUE OR FALSE



➤ FLUORIDE WORKS IN SEVERAL WAYS TO HELP PROTECT OUR TEETH.

True

Fluoride:

- makes teeth stronger and more resistant to decay (holes).
- limits growth of the bacteria which cause holes in teeth.
- helps to repair early stages of tooth decay.

Do you know if there is fluoride in your toothpaste? Have a look on the tube and see if it does.



➤ IT ISN'T NECESSARY TO GO TO THE DENTIST FOR A CHECK-UP EVERY YEAR WHEN I DO NOT HAVE A TOOTHACHE.

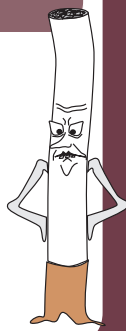
False

You cannot always notice tooth decay (holes) and gum disease at early stages, so even if you do not have a toothache it is important to have your teeth checked once a year to ensure that all is well, and get any problems fixed before they get worse.

➤ SMOKING ISN'T BAD FOR ORAL HEALTH.

False

Smoking can affect oral health in many ways. Some of what it can cause is: stained teeth, reduction in sense of taste and smell, bad breath, gum disease, tooth loss, and oral cancer. Smoking has also been linked with many other health problems affecting other parts of the body. If you want to quit, you can now get support through Quit text messages! Sign up by visiting www.txt2quit.org.nz, or by calling 0800 778 778.



TRUE OR FALSE



➤ DENTAL CARE IS FREE UNTIL 18 YEARS OF AGE WHETHER YOU'RE AT HIGH SCHOOL, COURSE, WORK OR COUCH.

True

So make sure you take advantage of your free yearly check-up every year!

➤ DENTURES (FALSE TEETH) ARE A LOT LESS HASSLE THAN NATURAL TEETH.

False

False teeth, like natural teeth, need to be cleaned everyday, and the mouth still needs to be looked after by daily cleaning of the gums and regular check-ups at the dentist. There are also several problems related with wearing false teeth, such as affecting the ability to talk, taste and swallow, and making it difficult to eat certain foods. So it's better to maintain your natural teeth, as once they are lost you can't get them back, and there's nothing like the real thing!



➤ NATURAL TEETH CAN BE KEPT FOR LIFE.

True

The basic steps for good oral health for life are: brushing with fluoride toothpaste and flossing everyday, limiting sweet food and drinks to main meals and going for a dental check-up every year.

TRUE OR FALSE



➤ FRUIT JUICE IS HARMFUL FOR TEETH, EVEN THOUGH FRESH FRUIT IS A TOOTH FRIENDLY SNACK.

True

Bacteria in the mouth use sugar to produce acid which is harmful for teeth. There is sugar in fresh fruit, however it is inside the cell structures of the fruit, making it more difficult for the bacteria in the mouth to use it. This changes when fruit is made into juice, as the sugar is released from the cell structure of the fruit. When this happens it is easier for the bacteria in the mouth to use the sugar and the risk of developing holes in teeth increases.

There is also a lot more sugar in juice, than in a piece of fruit. One cup of orange juice contains the juice and natural sugar of around three oranges, that is quite a lot of sugar just for one cup of juice! For teeth and body, it is therefore good to eat fresh fruit, however it is important to not drink too much fruit juice.

➤ DRINKING MAINLY MILK AND WATER THROUGHOUT THE DAY HAS MANY BENEFITS IN ADDITION TO BEING TOOTH FRIENDLY.

True

MILK:

- Calcium is important to keep bones and teeth strong. Because milk has a lot of calcium, drinking a glass or two of low fat milk everyday is great for your teeth and bones.
- Along with calcium, milk also contains many other vitamins and minerals that your body needs and which other drinks such as fizzy does not contain.

WATER:

- The human body contains 50-60% water. Water is used by our bodies to function.
- If your body is not getting enough water it cannot function properly. This can, for example, affect how well your brain, heart, lungs and stomach functions, and affect the appearance of your skin.
- It is therefore important drink water throughout the day to make sure your body gets enough of it to function well!

TRUE OR FALSE ABOUT ORAL HEALTH