

Healthy Eating for Oral Health

Eating a healthy balanced diet made up of foods from the Eatwell plate will

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Public Health England in association with the Welsh Government, the Scottish Government and the Food Standards Agency in Northern Ireland

- ✓ Help to protect teeth
- ✓ Provide you with energy
- ✓ Give essential vitamins and minerals
- ✓ Support growth and development

Healthy food for tooth



Lorem ipsum dolor sit amet,
mel diceret complectitur ea.
Malorum detracto cu mel, cibo
moveret oportere nec te.



Vegetables and fruits

Lorem ipsum
dolor sit amet,
mel diceret
complectitur ea.



Potherb

Lorem ipsum
dolor sit amet,
mel diceret
complectitur ea.



Berries

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dolor sit amet,
mel diceret
complectitur ea.



Nuts

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dolor sit amet,
mel diceret
complectitur ea.



Dairy produce

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dolor sit amet,
mel diceret
complectitur ea.



Honey

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dolor sit amet,
mel diceret
complectitur ea.



Seafood

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dolor sit amet,
mel diceret
complectitur ea.



Eggs

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dolor sit amet,
mel diceret
complectitur ea.

Harmful food for tooth



Lorem ipsum dolor sit amet,
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Malorum detracto cu mel, cibo
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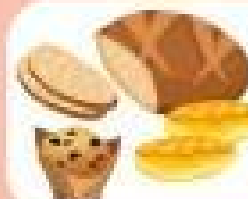
Fried seeds

Lorem ipsum
dolor sit amet,
mel diceret
complectitur ea.



Rusks

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dolor sit amet,
mel diceret
complectitur ea.



Baking

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dolor sit amet,
mel diceret
complectitur ea.



Coffee

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dolor sit amet,
mel diceret
complectitur ea.



Sweet fizzy drinks

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dolor sit amet,
mel diceret
complectitur ea.



Alcohol

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dolor sit amet,
mel diceret
complectitur ea.



Juices from sour berries and fruits

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dolor sit amet,
mel diceret
complectitur ea.



Sweets

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dolor sit amet,
mel diceret
complectitur ea.

Snacks

Healthy Snacks (Encourage)

- Fruit
- Veggies
- Cheese
- Crackers
- Pretzels
- Nuts
- Peanut Butter
- Cheese Crackers
- Sugar Free Gum
- Milk
- 100% pure fruit juice (limited amounts)

Unhealthy Snacks (Discourage/Avoid)

- Fruit Roll-ups
- Fruit Wrinkles
- Candy
- Twizzlers
- Gummy Bears
- Gummy Worms
- Cookies
- Cupcakes
- Sugared cereals
- Chewy Granola Bars
- Pop Tarts
- Soda, Gatorade, Sweetened Ice Tea
- Sugar containing beverages
- Donuts