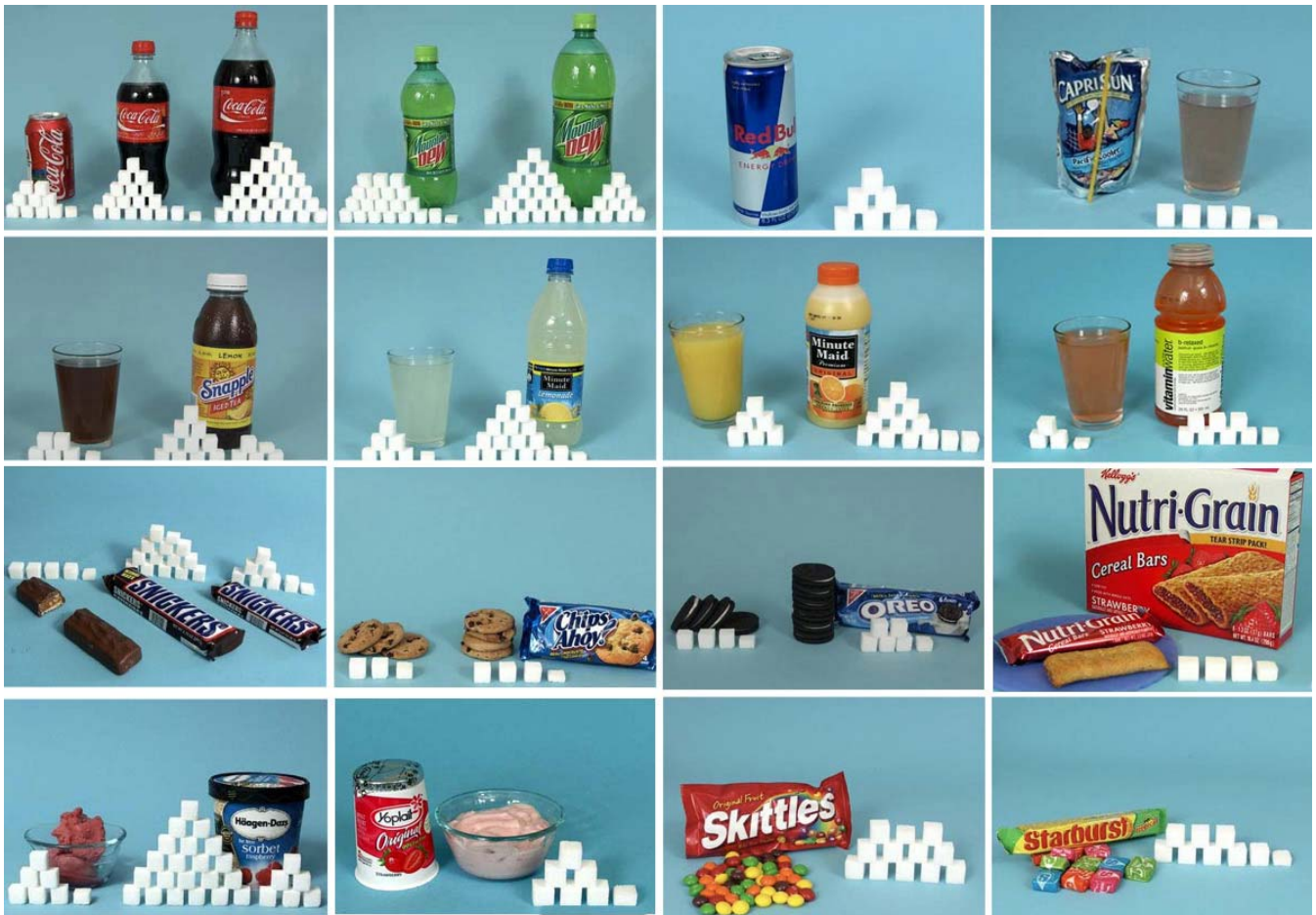


# Keep Your Smile Sweet – Spot Hidden Sugar



Look how much sugar is hidden in foods, snacks and drinks.

Every sugary snack causes an acid attack on your teeth for up to an hour after you eat, leading to decay.

Reduce decay by having any sugary snacks at the same time as a meal instead of in between.

But **you can still eat fruit and vegetables between meals**. Even though fruit tastes sweet, the sugar is locked inside the fruit's cells so it's fine for your teeth. And fruit is great for your health too.

Always ask us if you'd like advice 😊

**EPWORTH HOUSE DENTAL  
SURGERY**  
*Keeping you smiling*