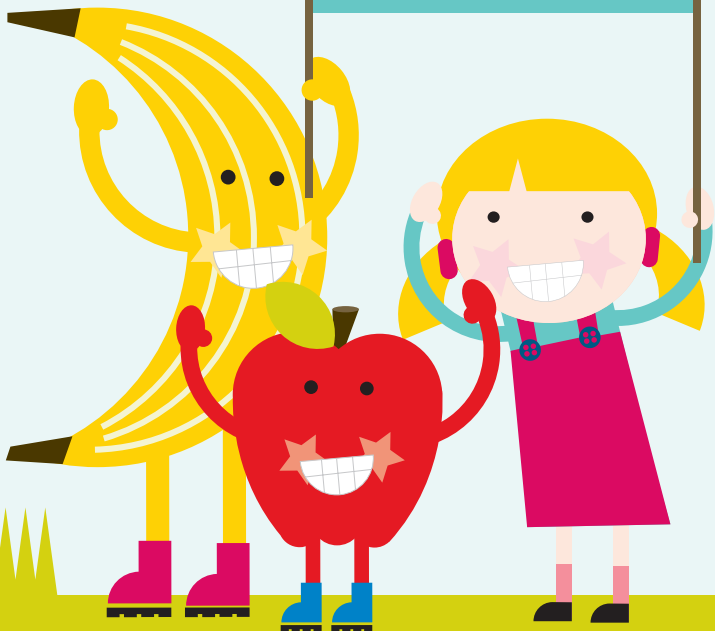


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healthy with  
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NHS  
Grampian



**Did you know that the average person eats 40kg (88lbs) of sugar a year – that's equal to 40 bags of sugar!**

If you're a 'Snack Head' remember...constant snacking on sugary foods and drinks throughout the day can seriously damage your teeth. Limit sugary foods and drinks to mealtimes only. If you need a snack between meals choose a tooth-friendly one: milk, water, carrot sticks, sandwiches, fruit, breadsticks, low sugar cereal or toast are some suggestions.

### **Quiz**

Can you guess how many teaspoons of sugar there are in these foods and drinks?

- a.** A can of fizzy cola
- b.** A small sachet of tomato ketchup
- c.** A bar of chocolate
- d.** A bag of toffee popcorn
- e.** A packet of jelly
- f.** A glass of blackcurrant diluting juice
- g.** A chocolate digestive biscuit

Answers: a.7 b.1 c.6 d.20 e.19 f.5.5 g.2

For top tips on how to get a great smile, find a dentist and learn more about Teeth TLC visit: **[www.teeth.tlc.com](http://www.teeth.tlc.com)** or call the free Healthline: **0500 20 20 30**