

# How Can Non-Oral Health Professionals Provide Dietary Advice?

## Oral Health



*Whole-body health*

## WHY IT MATTERS



Poor diet directly affects oral health



High sugar/acid = decay, gum disease, enamel erosion



WHO recommendations for sugar intake:

- <10% energy (~12 tsp/day)
- <5% ideal (~6 tsp/day)

## Sugar in Common Foods (teaspoons)

FOOD TYPE	SUGAR CONTENT			
Savoury Foods	White Bread (1 Slice)	Instant noodles (1 Packet)	Canned Vegetables	Sweetened Frozen Meals / Ready-to-eat Dinners
	1	2-3	1-3	2-4
Sweet Foods	Chocolate Bar	Honey	Cake (1 Slice)	Ice Cream
	5-6	3	5-7	5-6
Drinks	Fresh Fruit Juice	Sweetened Iced Tea	Energy Drink	Can of Soda
	4.5-6	6-8	5-7	8-10

N.B.1 - Approximate measurements which will vary according to brand

## Diet Tips for Oral Health

- ✓ **Limit Sugar:** Know what's in food/drinks.
- ✓ **Cut Acid:** Less citrus/soda—drink water/milk.
- ✓ **Balance Meals:** Eat vegetables, fruits, grains, dairy, lean protein.
- ✓ **Snack Smart:** Nuts, cheese, fresh fruit.
- ✓ **Stay Hydrated:** Water helps saliva and cleans mouth.

## The 5-Step Framework:

**1**

### Ask

Dietary habits, food allergies or restrictions

**2**

### Look for

Harmful eating habits

**3**

### Decide

Tailor advice and diet counselling or refer

**4**

### Act

Educate and suggest choices

**5**

### Document

Track habits and update advice

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