

A HAPPY MOUTH IS... **a happy life**

PROMOTE AWARENESS OF THE HEALTH BENEFITS
OF REDUCING SUGAR CONSUMPTION



**World Oral
Health Day**
20 March

worldoralhealthday.org
#WOHD26 #HappyMouth

fdi 
FDI World Dental Federation

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Tooth decay, or dental caries, is the most common health condition globally. Consuming excessive amounts of sugar from snacks, processed foods, and drinks not only causes tooth decay but also contributes significantly to obesity and increases the risk of diabetes and other noncommunicable diseases. Reducing sugar consumption is essential for both oral health and overall well-being.



UNDERSTANDING THE ISSUE

- **The type of sugars** most adults and children eat too much of are 'free sugars'.
- **Free sugars** are any sugars added to foods or drinks. These include sugars in confectionery, cakes, biscuits, sweetened cereals, sweet desserts, and jam/preserves as well as sugary drinks.
- **Sugars** in honey, syrups, fruit juices, and fruit juice concentrates occur naturally but still count as free sugars.
- **Sugars found naturally** in dairy products, fruit, and vegetables do not count as free sugars.



WHAT CAN PEOPLE DO?

- **Pay attention to sugar intake.** Adults should have no more than six teaspoons of added sugars per day. Children should have half this amount.
- **Check food labelling** and be mindful of sugar while cooking meals.
- **Avoid 'empty calories'.** For example, sugary drinks, such as soda, juice, sports and energy drinks, contain no nutritional value.
- **Favour water** as the main drink.
- **Avoid sugary snacks** in-between meals.



WHAT CAN GOVERNMENTS DO?

- **Run public health campaigns**, e.g., observe a national 'No Sugar Day'.
- **Make policy changes** that support sugar reduction strategies, such as:
 - clear nutrition labelling;
 - taxes and levies on sugar-sweetened beverages and on foods high in sugars;
 - advertising restrictions;
 - better food environments in public institutions;
 - access to clean water.

