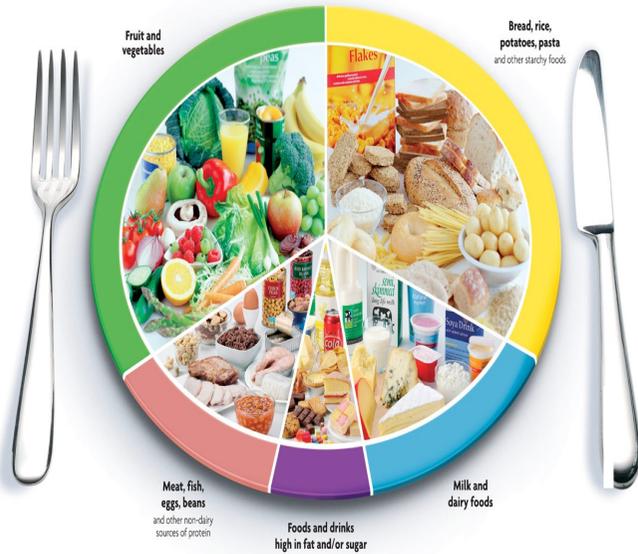


The eatwell plate



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.



Our Mission Statement:

“Our aim is to deliver the highest standard of care in a comfortable and friendly environment.”

CASTLE DENTAL CARE

We'll take care of you

First Floor,
Tangmere Square,
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B35 6DL
Tel: 0121 747 6539

www.castledentalcare.org.uk

Opening Hours

Monday 9am - 5.30 pm
Tuesday 9am - 5.30pm
Wednesday 8.30am - 5.00pm
Thursday 8.30am - 5.00pm
Friday 8.30am - 4.30 pm

Wheelchair access available



Leaflet Reviewed and Revised
27/08/15

Prevention of Decay and Gum Disease In Adults



Prevention of decay in adults

- Brush Twice daily
- Brush last thing at night and on one other occasion
- Use a fluoride toothpaste (1,350 ppm or above)
- Spit out after brushing and DO NOT RINSE
- The frequency and amount of sugary food and drinks should be reduced and, when consumed, should be limited to mealtimes.
- Sugars should not be consumed more than four times per day

Prevention of gum disease in adults

- DO NOT SMOKE
- Brush twice daily
- Consider using toothpastes containing triclosan with copolymer ie: Colgate Total to improve levels of plaque control
- Clean between the teeth using interdental brushes or floss
- Maintain a healthy diet



Sources: Delivering better oral health
Department of health / The food standards
agency

What to eat

- Eat at least five portions of fruit and vegetables each day. These can be a combination of fresh, frozen, tinned, dried or a glass of juice.
- Eat more starchy foods such as pasta, rice, potatoes, cereals and pulses (beans, peas and lentils). These should make up about a third of your diet.
- Choose lean meat, and trim off the fat and any skin.
- Eat more fish. Try to eat fish at least twice a week. You can eat up to four portions of oily fish a week, such as mackerel, sardines and trout, but avoid having more than this. (Young women should have no more than 2 portions a week)
- Grill, bake, poach, boil, steam or microwave instead of frying or roasting. Or you could try 'dry roasting' without adding any fat.
- Reduce the sugar in your diet.
- Don't add salt to your food when cooking and at the table and be more aware of the salt content of ready-prepared foods.
- Only drink up to 2 - 3 units of alcohol a day otherwise you may have significant risk to your health.
- Try to drink at least 6-8 cups of water a day or more if you exercise. If you don't like the taste of plain water, you could try unsweetened flavoured water.

How much we should be eating changes over the years, during teenage the your body is still growing and combined with the active lifestyle of a teenager, means we need to take in enough food to meet our energy needs.

But at the end of the teenage years, on average, energy requirements are likely to be less and start to decline as we age.

Throughout your life you should adjust your overall intake of food according to how physically active you are, as we put on weight when our diet provides more energy than we use up.

And although you may have to adjust your overall intake of food, it is always important to ensure that your diet remains balanced right throughout life.

That means eating a wide variety of foods and ensuring you eat a balance of carbohydrates, protein, fat, fibre and vitamins and minerals.