

Healthy Teeth Diet Guide

My Dental
Buddy

Desserts Not Snacks

Yes, you can have
sweets - **after you
eat your meal!**



One simple language change that
protects your child's teeth

The Psychology That Changes Everything

The Problem with "Snacks":

When we call sweet foods "snacks", children expect them throughout the day:

- Multiple sugar attacks** on teeth all day long
- Constant grazing** keeps teeth under acid attack
- No recovery time** between sugar exposures
- Normalises frequent sweet eating**

The Solution:

Desserts After Meals: When sweet foods become "desserts", they happen only after proper meals:

- One sugar exposure** instead of many throughout the day
- Grouped with nutritious food** that helps neutralise acid
- Increased saliva production** from the main meal protects teeth
- Clear boundaries** - desserts come after food, not whenever asked

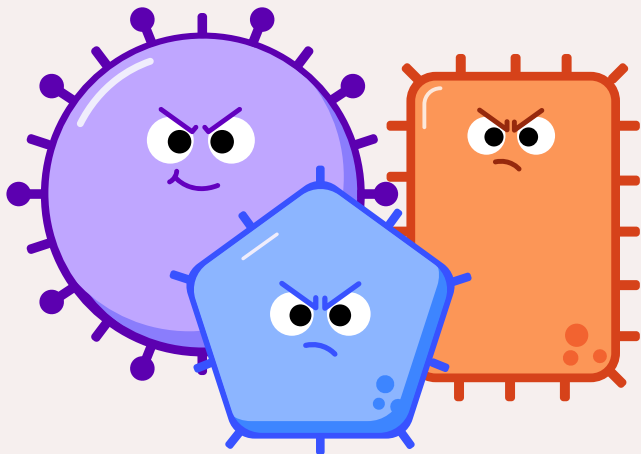
The Science of Timing (NHS Evidence)

Every time your child eats something sugary:

- * **Bacteria in the mouth** feed on the sugar
- * **Acid is produced** as bacteria break down sugar
- * **Teeth are under attack for up to 1 hour**
- * **Repeated attacks** weaken tooth enamel
- * **Cavities form** where enamel is damaged

Why Grouping Works:

- * **Eating sweet foods with meals** = one acid attack instead of multiple
- * **Saliva production increases** during meals, neutralising acid
- * **Recovery time** between meals allows teeth to strengthen
- * **Dramatic reduction:** from 6-8 daily attacks to just 1-2



Change the Conversation

Instead of

Can I have a snack?

Yes, here are some biscuits

Try

Can I have something sweet?

Yes, you can have it after dinner

Instead of

*Offering sweet "snacks"
between meals*

Try

Sweet foods are desserts - they
come after we've eaten our
main food

The Magic Response: "Yes, you can
have it after you eat your meal"

Food Classification for Healthy Teeth

Green Foods

Increase these in your diet



Amber Foods

With Meals Only



Red Foods

Avoid as much as possible



Green Foods

Increase these in your diet

Safe between meals. Water, plain milk, cheese, crunchy vegetables, nuts and eggs contain no free sugars and help clean teeth, neutralise acids, and provide calcium and minerals for strong teeth.

Amber Foods

With meals only

Eat only with meals. Fruits, fruit juice, wholemeal bread and porridge contain natural sugars. Mealtimes increase saliva, reduce acid damage, and limit teeth to one acid attack instead of many.

Red Foods

Avoid as much as possible

High-sugar foods and drinks like sweets, cakes, fizzy drinks and dried fruit stick to teeth. Concentrated sugars and acids increase cavity risk, especially when eaten or drunk between meals.

Weekly Implementation Plan



Week 1-2

Establish the Language

- * Start using "dessert" instead of "snack" for sweet foods
- * Introduce: "Sweet things come after meals"
- * Replace between-meal sweets with proper food options

- * Practice: "Yes, after you eat your meal"
- * Offer satisfying main meals so children feel full
- * Make water the default drink between meals

Week 3-4

Build New Routines



- * Celebrate when children ask for dessert "after meals"
- * Notice improved behaviour and fewer sugar crashes
- * Involve children in planning meals and appropriate desserts



Week 5+

Reinforce Success

Handling Common Challenges

But I Want It Now!

5:11 PM

I know you want it. You can have it after your sandwich.

5:11 PM ✓

Would you like cheese or an apple while you wait?

5:11 PM ✓

It's hard to wait. Your teeth will be happier if we eat it after food.

5:11 PM ✓

Everyone Else Has Snacks!

5:11 PM ✓

We have treats too - we just call them desserts and have them after meals.

5:14 PM ✓

This way your teeth stay strong and healthy.

5:11 PM ✓

You can choose what dessert to have after dinner.”

5:11 PM ✓

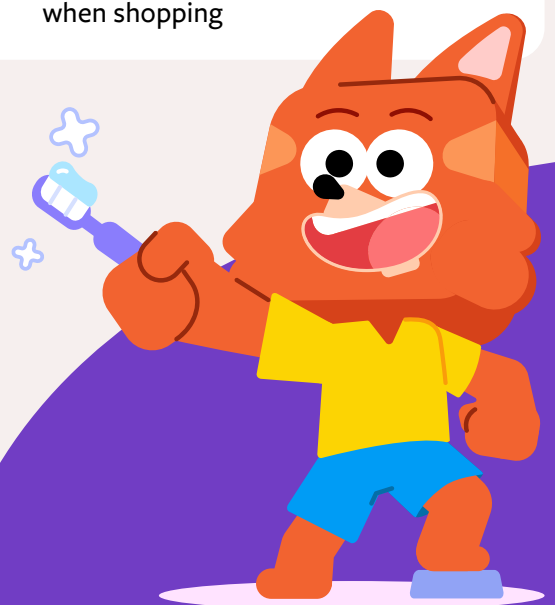
Supporting Your Success

MDBuddy App Integration:

- ✦ **Educational tips** about tooth-friendly foods
- ✦ **Reminders** about healthy eating timing
- ✦ **Connection** between diet and brushing habits
- ✦ **Family challenges** for healthy eating goals

Making It Easier:

- ✦ **Keep tooth-friendly snacks** readily available
- ✦ **Store sugary treats** out of sight for special occasions
- ✦ **Make water** easily accessible throughout the day
- ✦ **Read labels** for hidden sugars when shopping



Visit: www.mydentalbuddy.com

School Support: Your child's school can provide additional MDBuddy resources