Oral Health

Maintaining good oral health is essential to overall health and wellbeing. Teenagers and Young Adults need to protect their mouths and teeth by practising good oral health hygiene.

Although regular brushing and flossing are important, the oral health of this age group is also often associated with risk factors such as diet, smoking and alcohol and mouth and tongue piercings.

The most common oral health disease in teenagers and young adults, is Tooth decay. Tooth decay is a diet related disease. It is caused by the interaction of sugar and plaque to produce acids. Acids dissolve the outer layer of the tooth. These acids are produced by bacteria in plaque which develops after eating sugars commonly found in food and over

Tips to maintain good oral health
- Brush teeth twice a day with fluoride toothpaste and a toothbrush that has small, compact head and soft bristles. When the bristles appear ‘shaggy’ it is time to change toothbrushes.
- Flossing once a day is recommended. There may be some bleeding at first but this should subside after a few days if tooth cleaning is thorough.
- Limit sugars and processed foods to mealtimes (rather than between meals).
- Choose snacks such as cheese, natural yoghurt, fresh fruit and vegetables, dry biscuits, nuts and whole grain bread.
- Wear a professionally fitted mouthguard when training and playing sport where there is risk of oral injury.
- Have regular oral health checkups – don’t wait for a problem.

Food Patterns for Children

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<thead>
<tr>
<th></th>
<th>½ cup</th>
<th>¼ cup</th>
<th>medium cup</th>
<th>⅛ cup</th>
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</thead>
<tbody>
<tr>
<td>Boys</td>
<td>2 ½</td>
<td>4 ½</td>
<td>5</td>
<td>5 ½</td>
</tr>
<tr>
<td>Girls</td>
<td>2 ½</td>
<td>4 ½</td>
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Vegetables and Legumes/Beans

Fruit

Comparing these common drink choices

How much sugar is in your child’s drink?

One teaspoon =

| 250ml water | 0 |
| 250ml fruit juice drink | 6 |
| 250ml soft drink | 7 |

Healthy Hot Chips Recipe

People love hot chips! But did you know that 8 to 12 of commercially bought hot chips have around 3 teaspoons of fat and 1000 KJ. Compare this to a small baked potato with a light spray of oil which has less than ½ teaspoon of fat and 400 KJ. Here is a quick, easy and delicious way to make healthier hot chips that the whole family will enjoy.

Home Made Chunky Chips

Ingredients
- 2 large potatoes cut into chips or wedges with the skin on (use Red Rascal variety or other variety that is good for baking)
- 1 teaspoon of olive oil

Method
1. Place a large tray or baking dish into the oven and pre-heat oven to 200°C.
2. Place all ingredients into a small bowl and mix
3. Take hot tray or baking dish from oven using an oven mitt and empty potatoes onto the hot tray.
4. Return to the oven to cook for about 15 minutes or until the potato is golden brown and cooked, then serve.

Healthy newsletter snippets developed by Healthy Together Latrobe.

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For more information visit: www.healthytogether.vic.au