

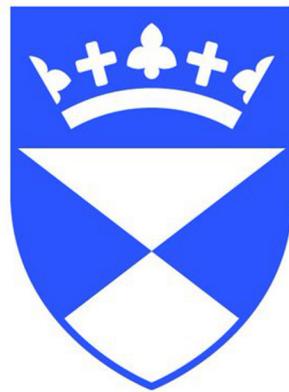
TOOTHY TIGER'S PEARLS OF WISDOM



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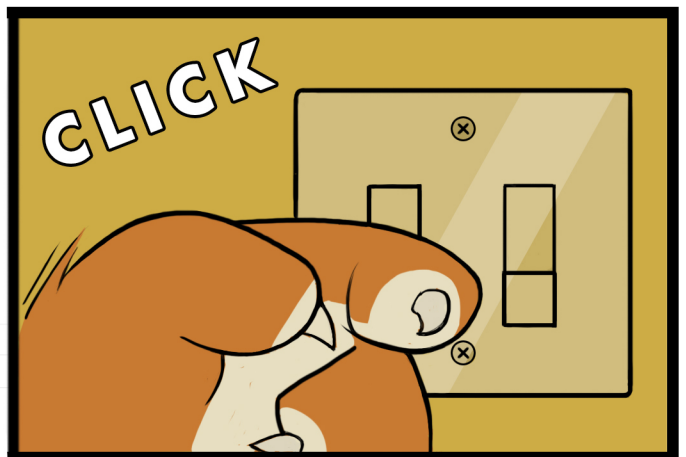
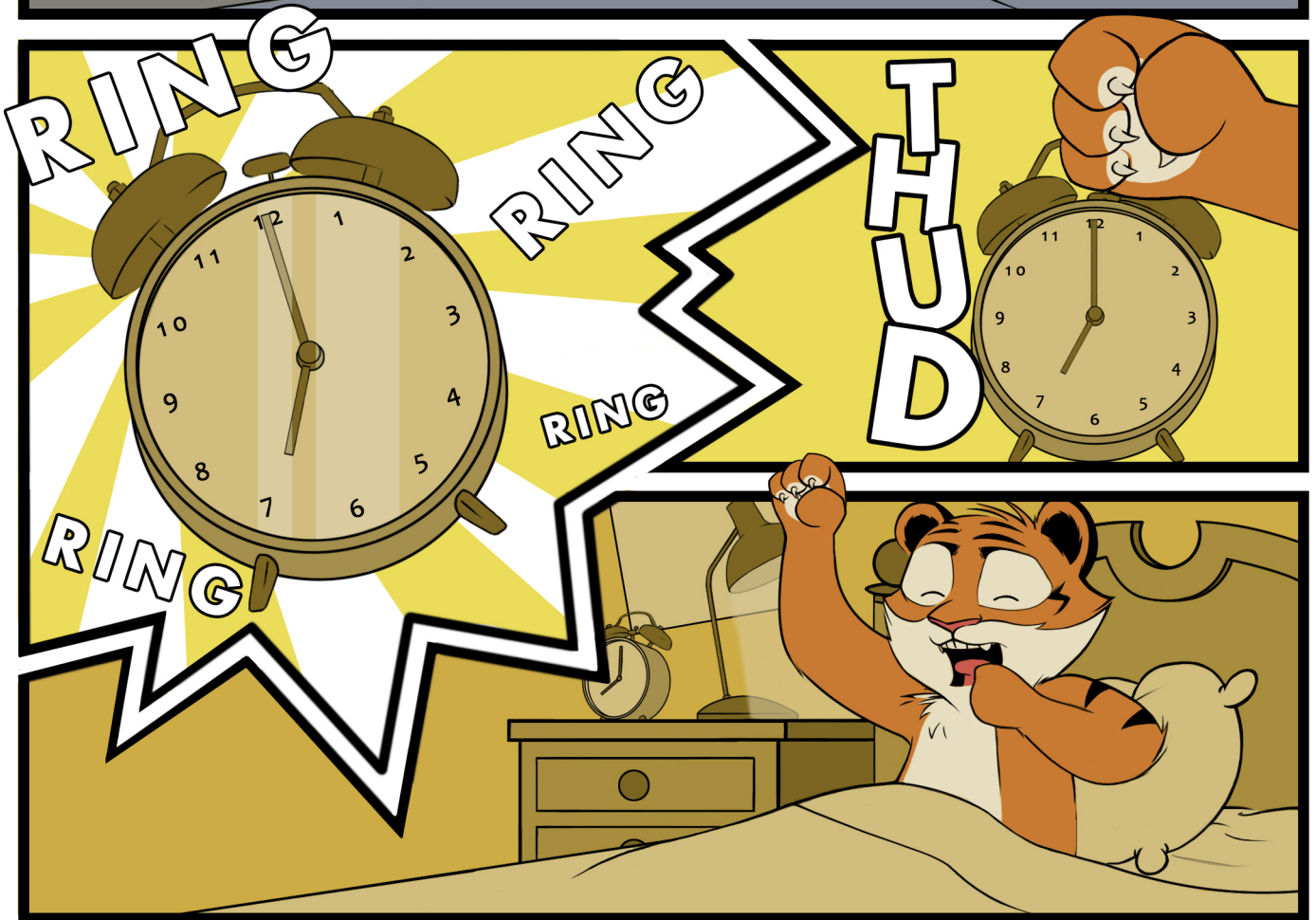
Written and Illustrated by
Robbie Macoy

In association with The Toothy Tigers
and the School of Dentistry,
University of Dundee



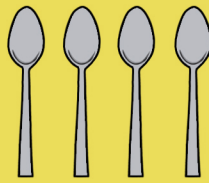
With special thanks to
Dr Clement M F Seeballuck,
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TOOTHY TIGER'S PEARLS OF WISDOM



BREAKFAST

Sugar is found in many foods, but too much can harm our teeth and health! A glass of orange juice contains **15.8g** of free sugar, which is the same as **4 teaspoons** of sugar.

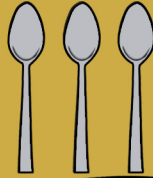


FRUIT JUICES

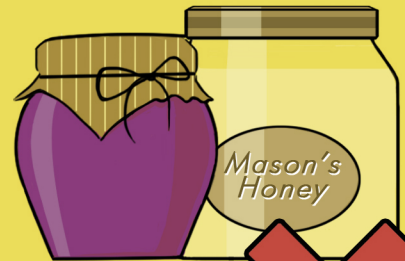
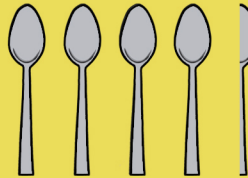


CEREALS

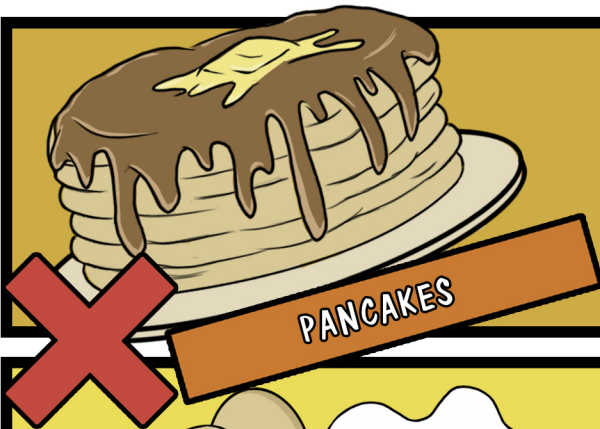
Free sugars are sugars added to foods and drinks. Many cereals contain free sugars, even the ones that say "no added sugar." **11g** of sugar in a bowl of cereal = **3 teaspoons** of sugar.



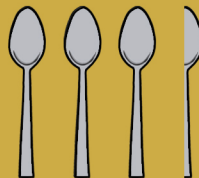
Free sugars are also found in jams and honey. A single tablespoon serving of honey contains **17g** of sugar which = **4.5 teaspoons** of sugar.



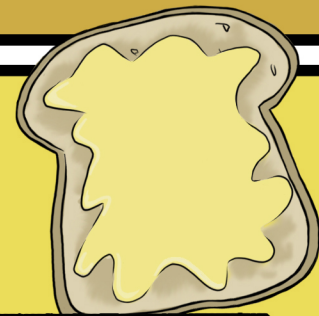
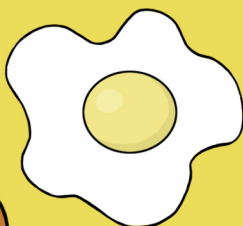
JAM AND HONEY



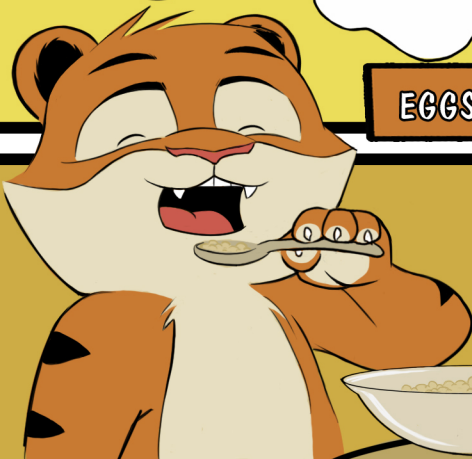
PANCAKES



A big stack of pancakes with maple syrup contains lots of free sugar, as well as fat. **12.4g** of maple syrup = **3.5 teaspoons** of sugar.



EGGS, FRUIT, VEGETABLES, TOAST, PORRIDGE

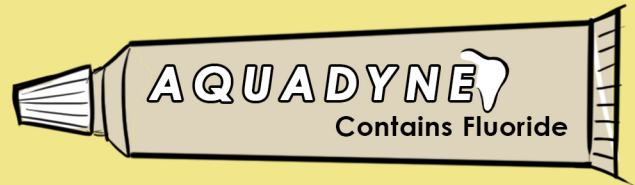


7:30AM — Breakfast

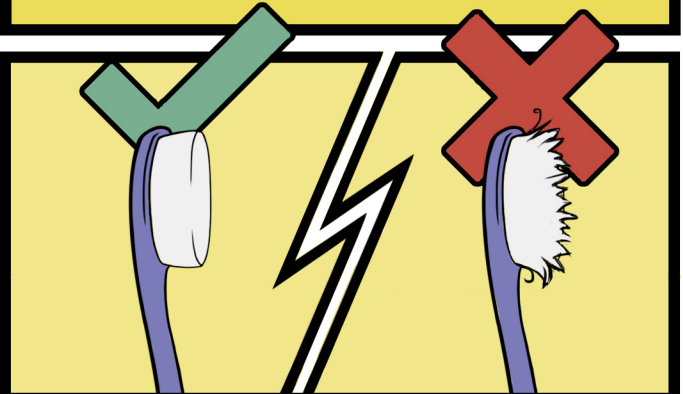
Children aged **7 to 10** should have no more than **24g** of free sugars a day. That's why Toothy always starts his day right with a bowl of porridge.

Toothy knows just how important it is to keep his teeth clean and healthy.

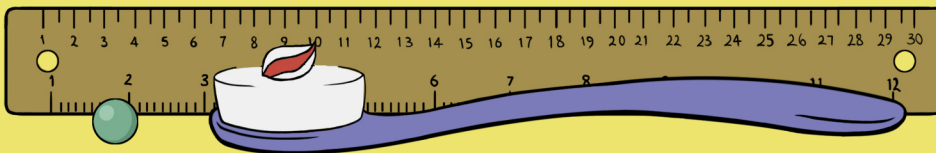
Do you?



Always use a toothpaste with **fluoride** to keep your teeth strong.



A new toothbrush is more effective, so replace yours every **3 to 4 months**.



For children aged **3 to 6**, use a **pea-sized** dollop of toothpaste containing **1350 to 1500ppm** fluoride.

For children aged **3 or under**, use a **thin smear** of toothpaste with no less than **1000ppm** fluoride.



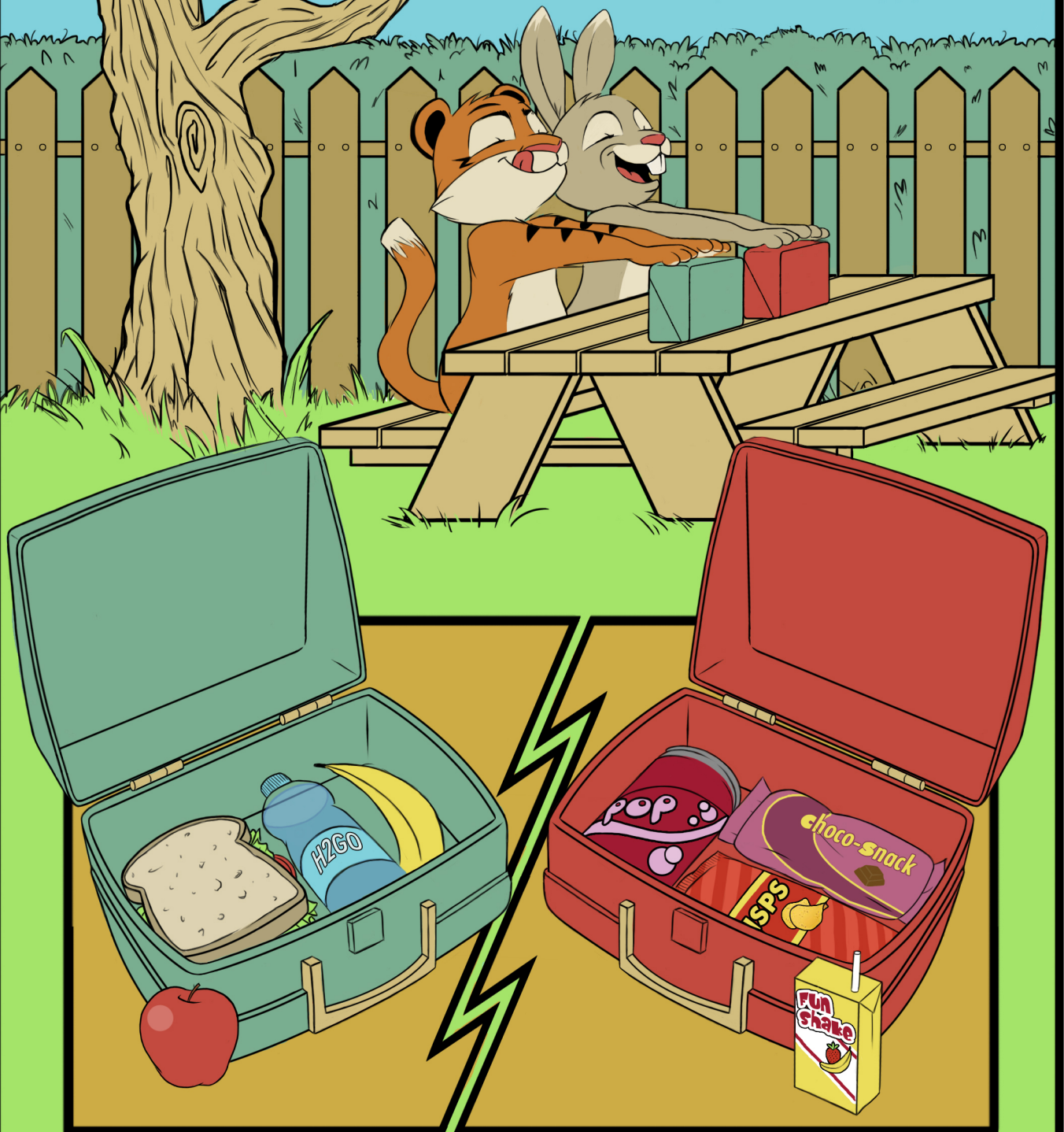
Make sure to spend **2 minutes** when brushing your teeth.

Brushing your teeth **twice a day** keeps your teeth and gums clean and healthy and helps prevent harmful plaque and bacteria building up.



Once finished, **spit, don't rinse**. This will help keep your teeth protected for longer.

12:30 pm — Lunchtime in
the park with Hoppy O'Hare



Toothy and Hoppy are the best of friends with many similarities and lots in common. Their lunchboxes, however, are another matter.

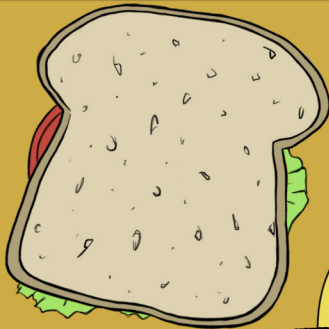
LUNCH



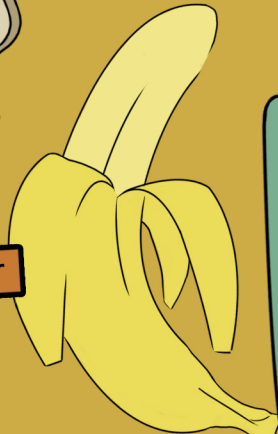
Toothy knows how important a balanced diet is and always makes sure his lunchbox is full of fruit, vegetables, and water.

No sweets for this cool cat!

A HEALTHY LUNCHBOX



1 Apple = 19g sugar

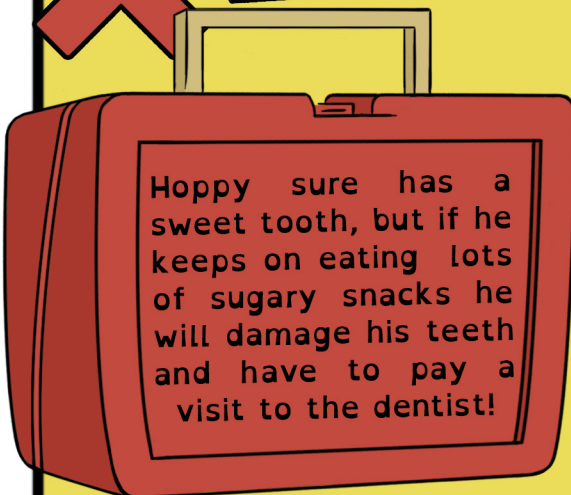


1 banana = 14g sugar

Natural sugars found in milk, fruit, and vegetables do not count as free sugars. You are allowed 4 hits of sugar a day, as part of a meal.

AN UNHEALTHY LUNCHBOX

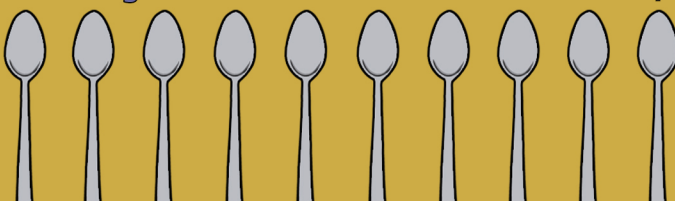
1 chocolate bar = 25g sugar



1 milkshake = 15g sugar



A regular can of fizzy cola contains as much as 35g of free sugar. That's the same as 10 teaspoons of sugar!



AT THE SUPERMARKET

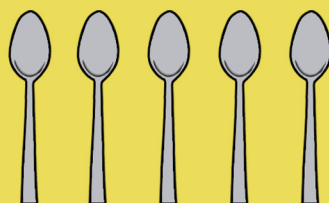
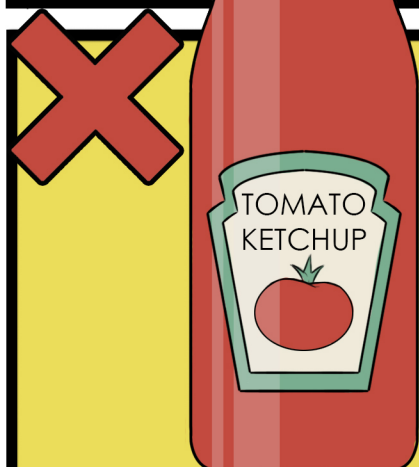


Toothy and papa Tiger visit the supermarket to purchase some groceries. What will they buy?



With so many options to choose from, it can be hard to know what foods to buy and what foods to avoid.

Beware of **hidden sugars** added to **unlikely foods**.



For example, **100g** of ketchup contains **22g** of added sugar! That's around **5 teaspoons** of free sugar!

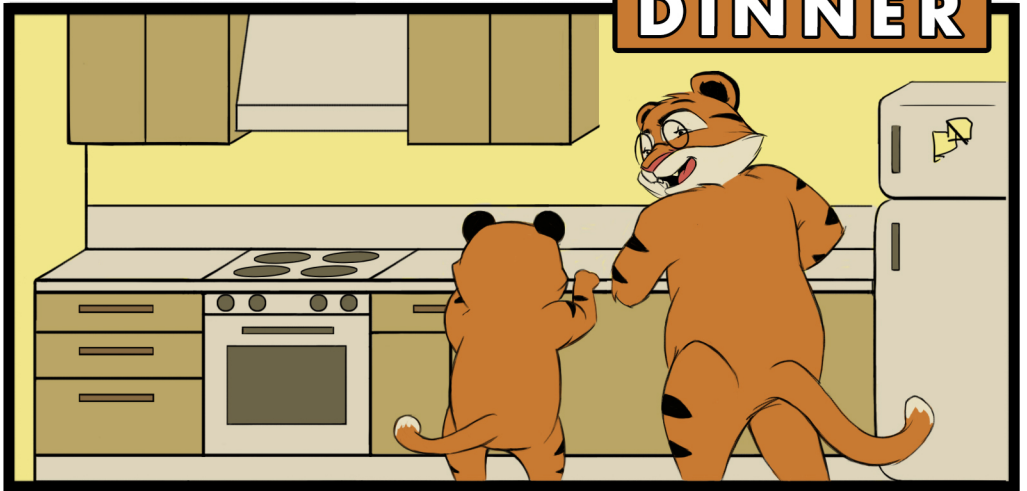
Ketchup is just one example of an unlikely food that you might not realise has a high level of free sugar. Remember to always check the label before buying to know what is in your food.

DINNER

5:30 pm — Dinner

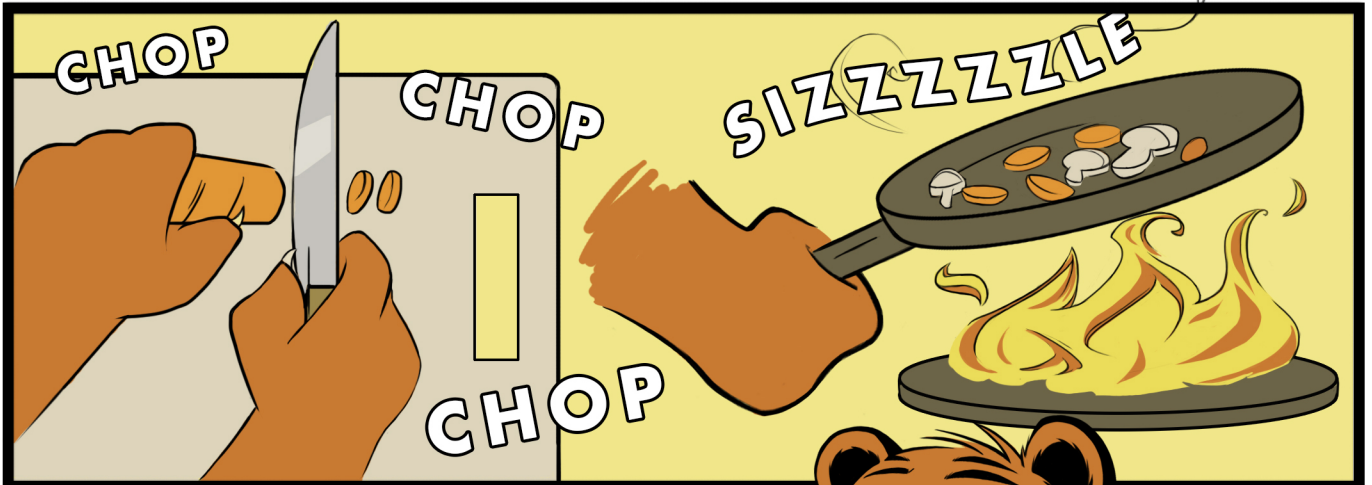
Returning home from the store, Papa Tiger begins preparing dinner.

Home-made meals are healthier than ready-made ones. They're also fun to make too!

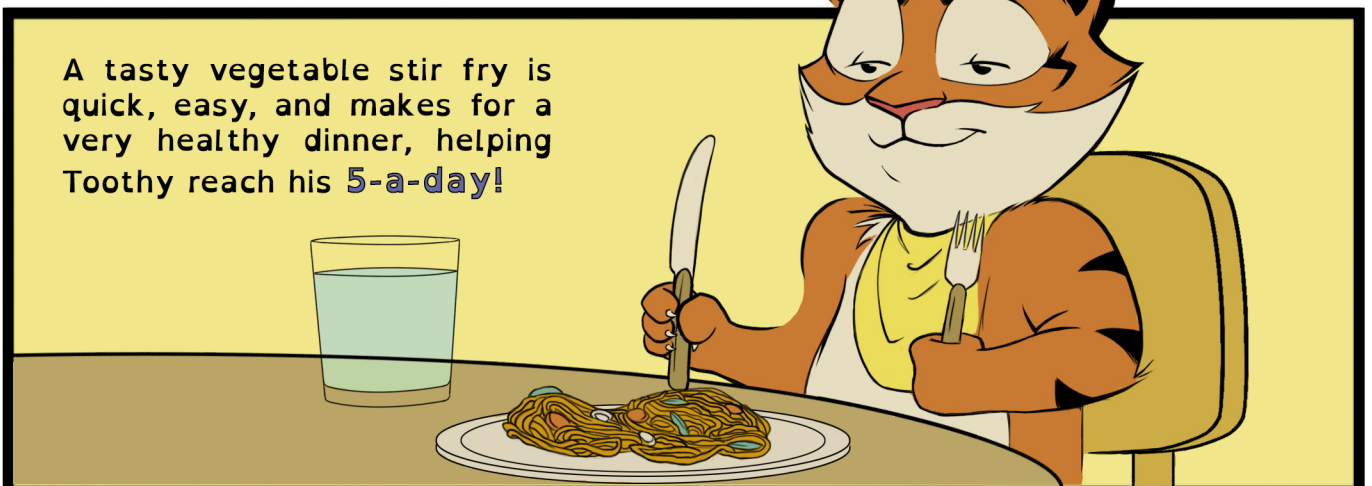


Peering over the kitchen worktop with a rumble in his belly, Toothy watches as Papa Tiger chops up the vegetables.

Whatever could he be making?

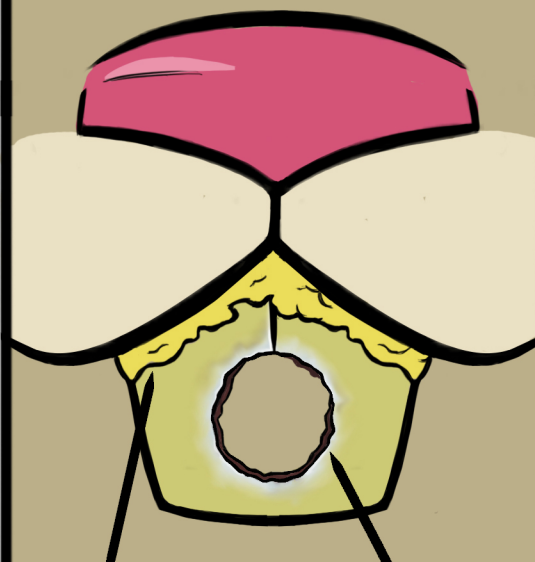
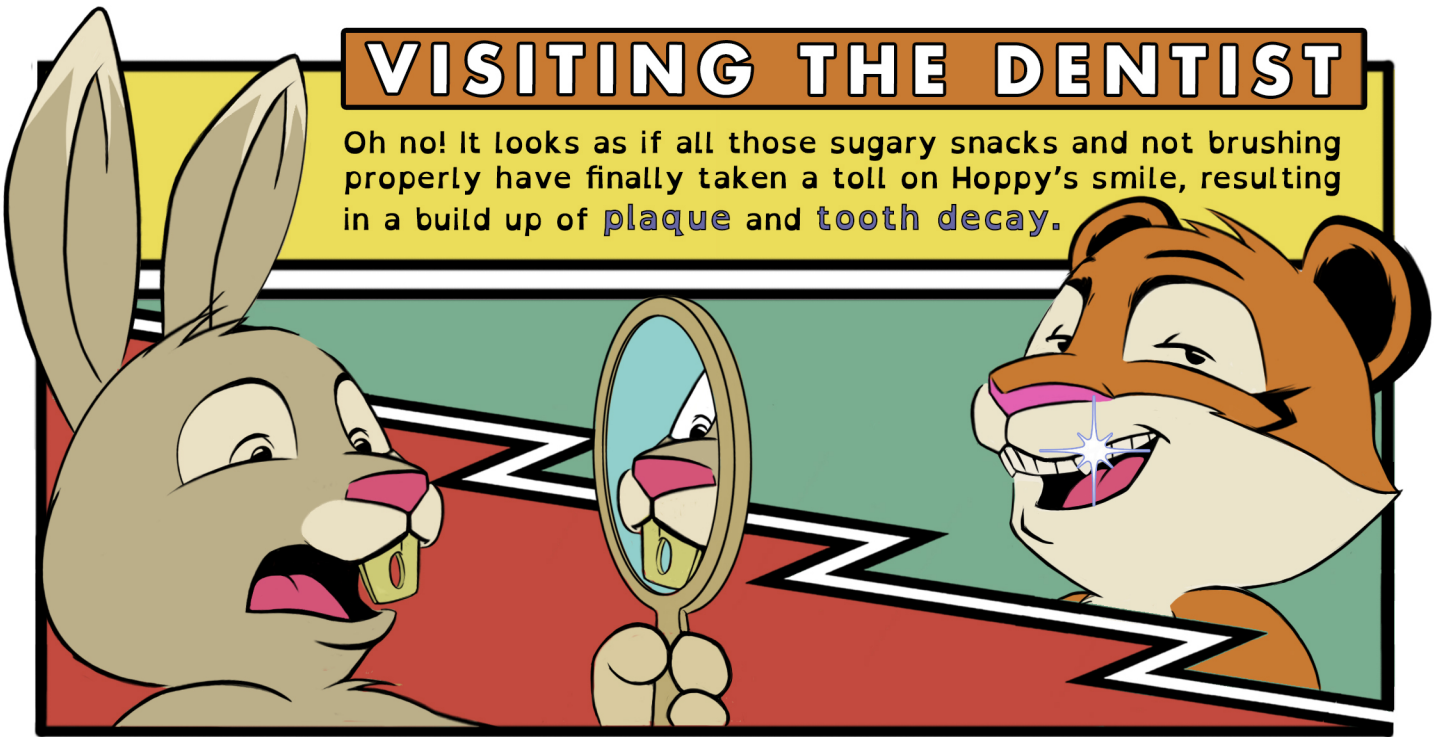


A tasty vegetable stir fry is quick, easy, and makes for a very healthy dinner, helping Toothy reach his **5-a-day!**



VISITING THE DENTIST

Oh no! It looks as if all those sugary snacks and not brushing properly have finally taken a toll on Hoppy's smile, resulting in a build up of **plaque** and **tooth decay**.



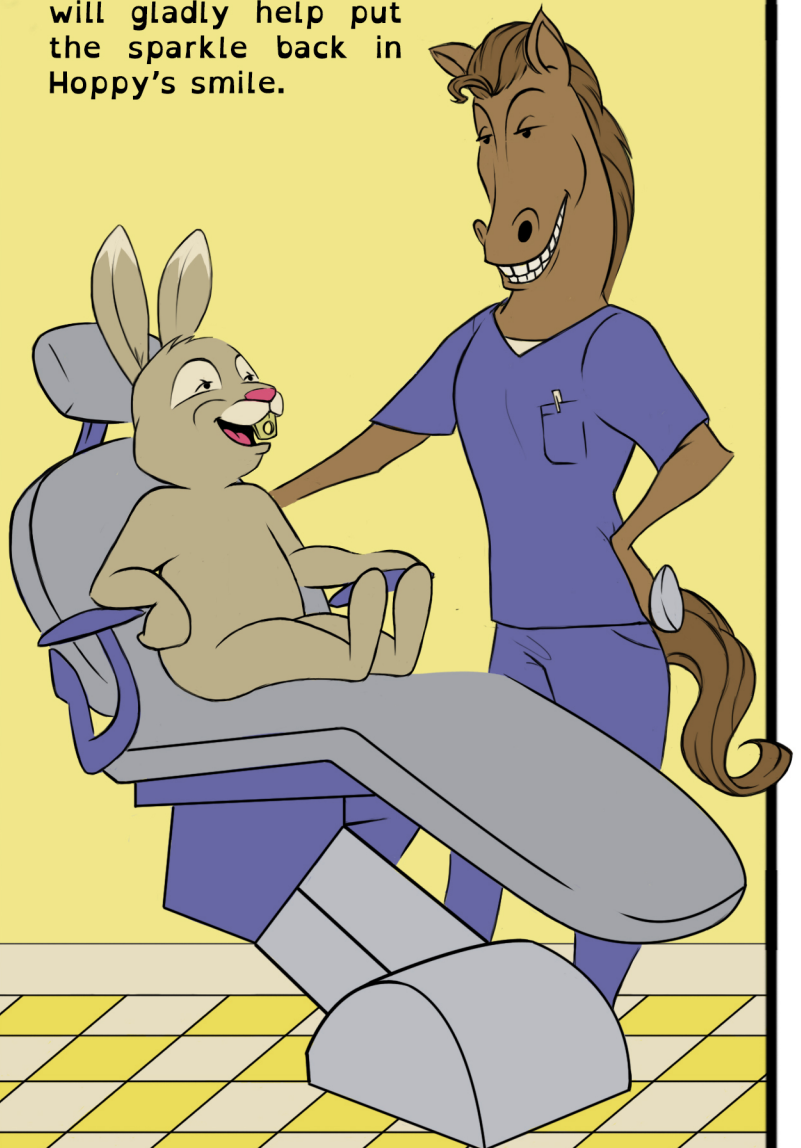
PLAQUE **DENTAL CARIES**

Tooth decay is damage to a tooth caused by a build up of dental plaque. This can lead to problems, such as holes in the teeth (dental caries) and gum disease.

Signs of tooth decay to look out for include:

- toothache
- tooth sensitivity
- grey, brown or black spots appearing on your teeth
- bad breath
- bad taste

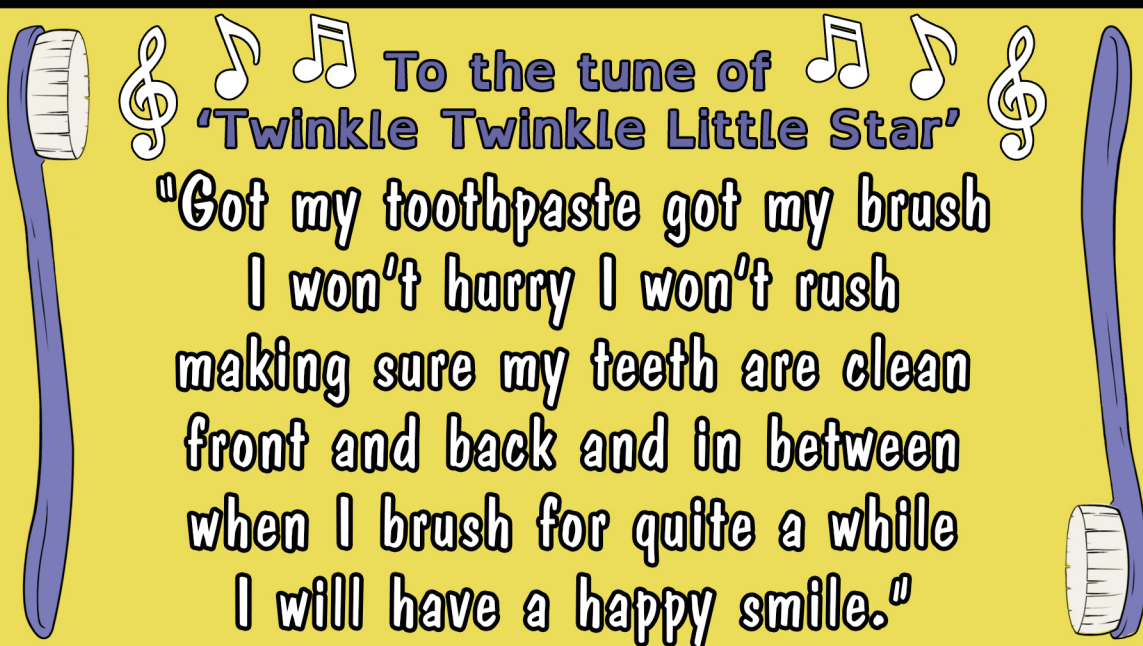
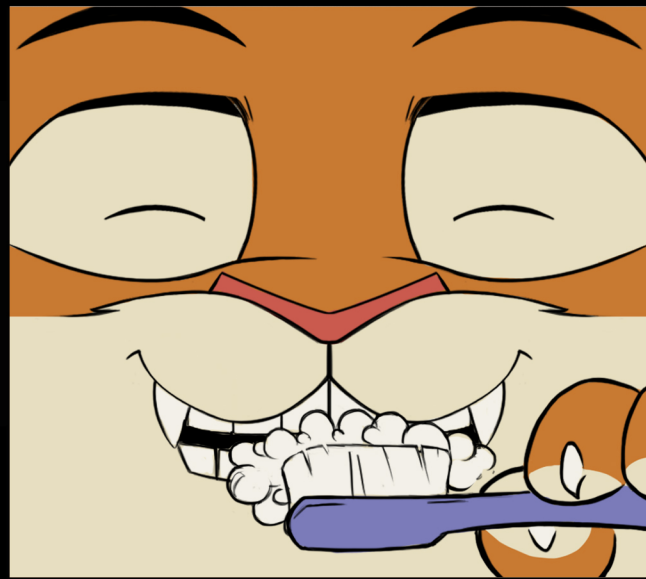
Not to worry! The friendly, local dentist will gladly help put the sparkle back in Hoppy's smile.



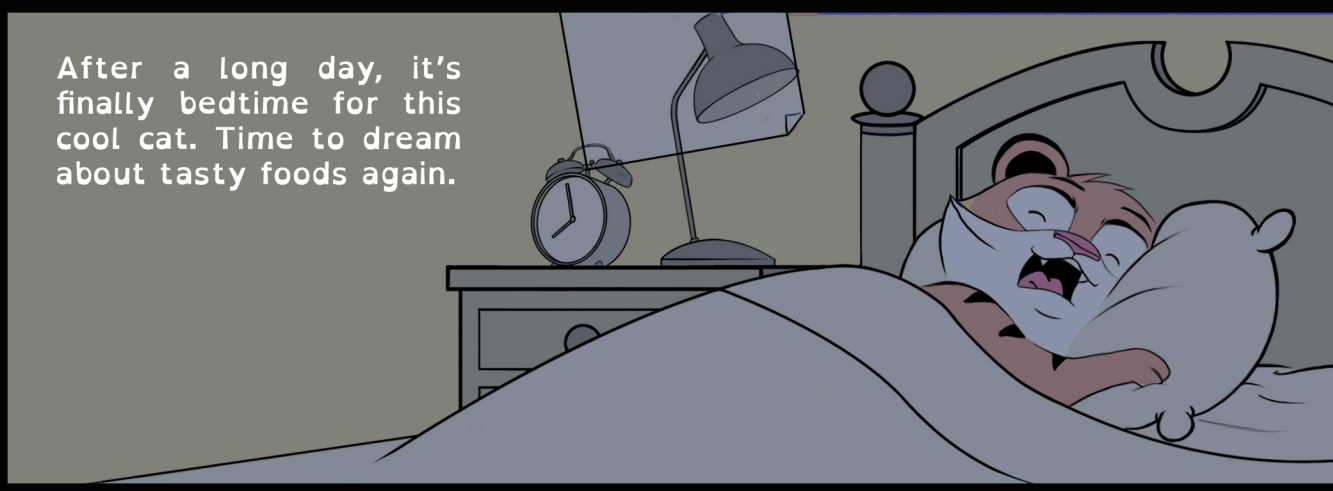
With dinner finished, it's time for Toothy to get ready for bed — but not before brushing his teeth again!



A great way to make brushing your teeth more fun is to turn it into a song. Give it a try!



After a long day, it's finally bedtime for this cool cat. Time to dream about tasty foods again.



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For more information or to book an appointment,
please visit the university and dentistry websites below.



**University
of Dundee**

**School of
Dentistry**

www.dundee.ac.uk | www.dentistry.dundee.ac.uk