



Cause of tooth decay

Too many sugary drinks and foods between meals are the main cause of tooth decay.

What is your favourite fizzy drink? Irn Bru, Coke, Pepsi with lemonade.

I drink ginger!

The average can of fizzy juice contains around seven teaspoons of sugar. A chocolate bar may have as many as six or even more teaspoons of sugar.

My mum buys me chocolate crunchie, caramel, dairy milk galaxy

So that could be thirteen sugars in a single sitting.

Imagine putting thirteen sugars in your tea.