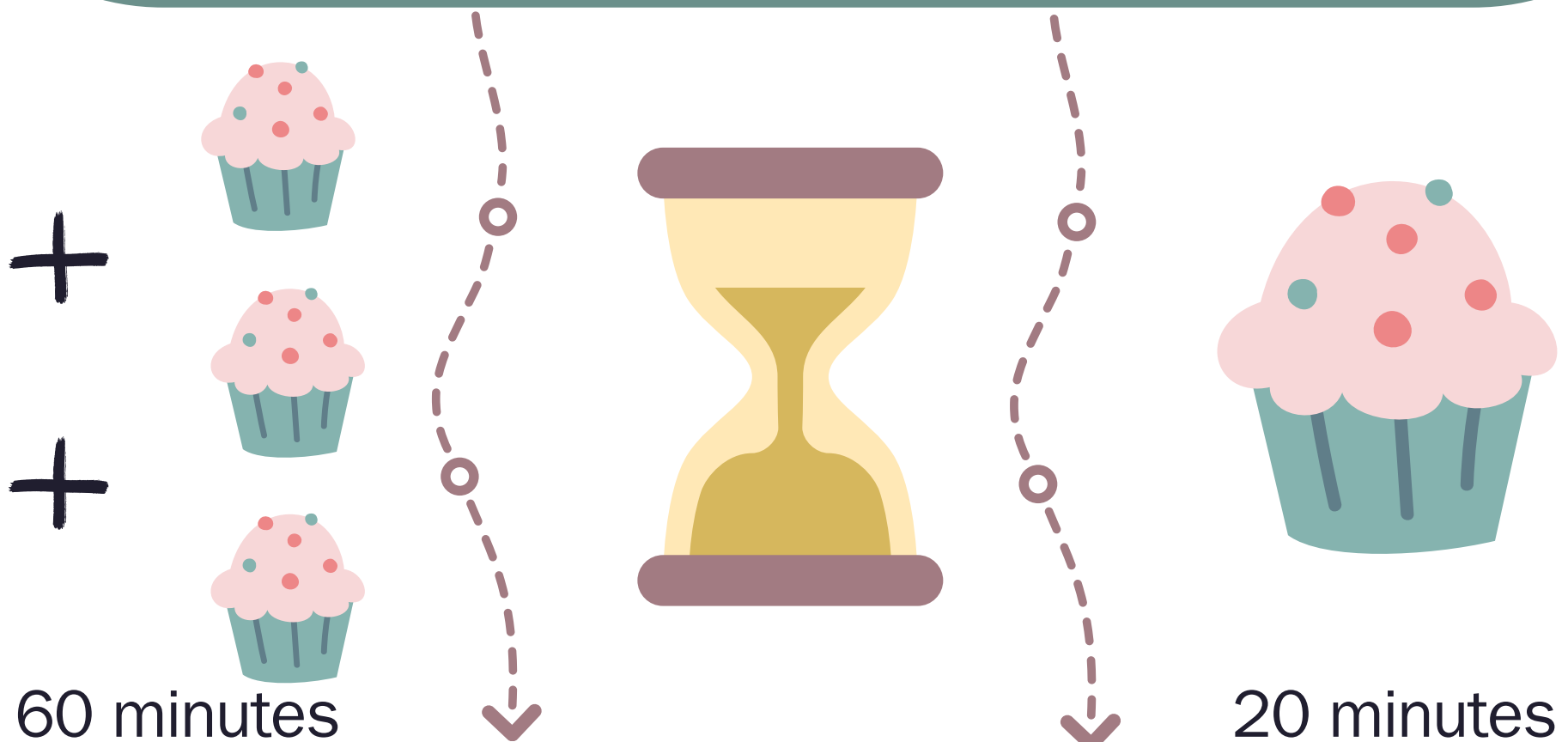


# MY HEALTHY SMILE : how often you eat sugar

## Did you know...

Eating small amounts of sweets over a longer period of time is worse for your teeth than if you ate a bigger treat all at once?



Even a tiny amount of sugar is enough to “acidify” your saliva for about 20 minutes each time. These repeated attacks weaken your teeth, which can quickly decay.



## Tip!

Avoid eating sweets in several sittings, and remember to rinse your mouth well afterwards.

