

Domain 12 – Diet/Sugar Intake

## Diet - Sugar Intake

**Sugary and starchy snacks:  
A Recipe for Tooth Decay**

SUGAR PLUS BACTERIA FROM PLAQUE FORMS ACID

ACID PLUS HEALTHY TOOTH FORMS DECAY

Rattle Dazzle Recipes

- ✓ Avoid or limit sugar
- ✓ Brush and floss after eating sugary foods (such as cookies, pastries, soft candies) or starchy foods (such as crackers, bread, chips)

**What is your Recipe for Good Oral Health?**



## Dieta – Consumo de Azúcar

**Meriendas azucaradas y con almidón:  
Una receta para el decaimiento de dientes:**

The infographic is set against a blue background. It features two equations. The first equation shows a bottle of soda labeled 'Pop', a box of 'Gum', and a magnifying glass over a green, multi-celled bacterium. Below these are the words 'SUGAR PLUS BACTERIA FROM PLAQUE FORMS ACID'. The second equation shows several red, round objects representing acid, followed by a plus sign, a healthy, smiling tooth with muscles, and an equals sign, leading to a sad, decayed tooth. Below these are the words 'ACID PLUS HEALTHY TOOTH FORMS DECAY TOOTH'. To the left of the infographic is a box labeled 'Recipes' containing a whisk, a spatula, and a rolling pin, with several blank lines for writing. The text 'Razze Dazzle Recipes' is written in the bottom right corner of the infographic area.

- ✓ Evite o limite el azúcar
- ✓ Cepille y use hilo dental después de comer alimentos azucarados (como galletas, repostería, dulces blandos) o alimentos con almidón (como galletas, pan, papas fritas “chips”).

**¿Cual es su receta para una Buena Salud Bucal ?**

A rectangular card with a dark border. On the left side, there is a small illustration of a kitchen scene with a whisk, a spatula, and a rolling pin. The rest of the card is filled with horizontal lines for writing.

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