

# Bite

## Word of mouth

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Featured

# Do you think you might have a sugar addiction problem? You're not alone!

Recent research conducted by the University of Sydney suggests that half of the Australian population are exceeding their free sugar intake by a whopping 50%.<sup>1</sup> Children and adolescents are the worst offenders with 76% consuming more free sugar than recommended.

What is a free sugar you might ask? It is sugar that is added to your food either by you or the manufacturer which includes sugars found naturally in fruit juices, honey and syrups. The World Health Organisation recommends that free sugars should count for no more than 10% of our total kilojoule intake.<sup>2</sup> It is well known that sugar is the number one enemy when it comes to dental decay and is usually associated with soft drinks, lollies and biscuits. Food manufacturers have been adding sugar to their products to improve

the taste, particularly in the low-fat varieties. Even foods that are perceived as savoury are often high in sugar such as ready-made soups and sauces.

### What can I do to reduce my intake?

Manufacturers have been misleading consumers by plastering their packaging with slogans such as "no added sugar" or "free from refined sugar". So take a look at the nutritional information at the back to find out exactly how much sugar is in the product you are consuming!

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### This month...

*Do you crave that white powdery substance?—We're talking about sugar of course. Even if you feel that you're not addicted you might be surprised by how much is included in your daily diet.*

*The real problem is the hidden sugar that we consume. This month's feature article gives you some tips for calculating and adjusting your intake.*

*We welcome on-board our new Hygienist Kateryna (Kat), and she takes over our Healthy Hygiene column with her first hint—should you floss before or after brushing!*

*Make sure you give Kat a welcome when you're next in the studio.*

Dr. Simon Franks



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...ROB SEED GUM, BETA-CAROTENE), CHOCOLATE FLAVORED CA  
...A FLAVOR), CORN SYRUP, ACACIA GUM, FRUCTOSE SYRUP, PE  
...PHOSPHATE, SALT, VITAMIN AND MINERAL BLEND (CALCIU



References:

1. Sugar sweetened Aussies <http://sydney.edu.au/news-opinion/news/2016/03/21/sugar-sweetened-aussies.html>
2. WHO warns against added sugar. <https://www.choice.com.au/food-and-drink/nutrition/sugar/articles/who-releases-recommendations-on-free-sugar-consumption-110315>
3. <https://www.adansw.com.au/getattachment/Community/Patient-Information/School-Age-Children/toothsmart-6-food-drink-labels.pdf.aspx>

> continued

The Australian Dental Association (ADA) classified sugars in food and drinks into low, medium and high categories as listed in a table below.<sup>3</sup>

Table 1: Sugar classification levels for food and drink according to the ADA.

	Low sugar	Moderate sugar	High sugar
Food per 100g	5 g or less	5.1 - 14.9 g	15 g or more
Drink per 100 mL	2.5 g or less	2.6 - 7.4 g	7.5 g or more

By making minor changes to your diet to minimise sugar consumption, not only will your body

thank you but also your teeth. Consider adding less sugar to your tea and coffee, swapping your morning juice for a glass of water and consuming soft drinks and lollies only on special occasions. Also don't forget to check the sugar content of your favourite breakfast cereal as some of them can be alarmingly high.

Here at Bite Dental, we have a holistic approach to your dental health. We like to take time to thoroughly assess every patient, so let us know if you would like us to do a diet analysis for you.

Celebrate everyday heros. Let us know if you have a cause you'd like us to shout about.

*Healthy Hygiene Hints*

**Should I floss before or after I brush?**

*Flossing your pearly whites before brushing will help to loosen plaque and food debris that a toothbrush can sweep away afterwards. Furthermore, breaking a plaque layer between your teeth will help active ingredients in your toothpaste to work more effectively. At the end of the day remember that any flossing is better than none and this addition to your routine will have a positive impact on your overall dental health.*

*Kat*



**Team**

**Introducing Kateryna**

Or you can call me Kat! I feel honoured to receive such a warm welcome into the Bite family.

I graduated from the University of Queensland back in 2007 (feels like yesterday) and have been specialising in preventative dentistry ever since. I've worked in a number of private and government dental practices before joining the Bite team.

Outside of work I enjoy spending time with my husband and two cats. Travelling across the world is my other passion and I have plenty of stories to share with you.

