

Healthy Living Focus Dental Health!



Hello and welcome to this week's healthy living focus! In this edition, we are taking a look at Dental Health. With World Oral Health Day on the 20th of March, it is a great time to remember that our mouth, teeth and gums play an important role in our overall health and wellbeing! Having healthy teeth can prevent long term health conditions, and there are some simple steps we can take to ensure we keep our teeth happy and healthy!



World Oral Health Day
20 March

For good dental health, always remember to brush twice a day with fluoride toothpaste!

For healthy living and for healthy teeth and gums, remember it's not only what you eat but when you eat that can affect your dental health.

Snacking throughout the day can be problematic for your teeth and gums because more saliva is released which can result in tooth decay and cavities!



Stick to one glass of fruit juice or smoothie a day!

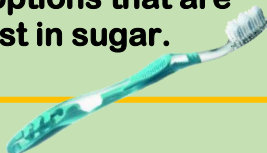
Drinks such as fruit juice and smoothies contain naturally occurring sugars, these sugars can be a healthy part of our diet, but bad news for teeth. It is recommended to have no more than 150ml or a small glass of fruit juice each day with a main meal.

Limit the number of snacks you eat. If you do snack, choose something that is healthy like fruit or vegetable sticks or a yoghurt.

Choose Wisely- Drinks

- Opt for Sugar Free fizzy drinks and squash.
- Limit alcoholic drinks
- Try adding sweetener to tea and coffee instead of sugar.
- Drink plenty of water

Foods that contain sugars of any kind can contribute to tooth decay. To control the amount of sugar you eat, read the nutrition facts and ingredient labels on foods and drinks and choose options that are lowest in sugar.



Foods to avoid for healthy teeth

- Sweets and chocolate
- Sugary breakfast cereals
- Puddings and cakes
- Jams and honey and syrups
- Fruit pies



Choose Wisely- Food

- Eat a variety of foods such as whole grains, fruits and vegetables.
- Opt for lean sources of protein such as lean beef, skinless chicken and fish, beans, peas and other lentils
- Choose low-fat and fat-free dairy foods.



How smoking damages teeth

Smoking can stain your teeth yellow, cause bad breath, and increases your risk of gum disease, as well as causing many other serious health problems. Make a plan to quit smoking!





Expert Support

regular check-ups with a dentist can help to keep your teeth healthy.

Visit <https://www.nhs.uk/nhs-services/dentists/> to find out about NHS dental services, how to find an NHS dentist near you and how much treatment costs, or if you are eligible for free treatment.

Creamy Squash Linguine

Ingredients (serves 4)

- 350g chopped butternut squash
- 3 peeled garlic cloves
- 3 tbsp olive oil
- 350g linguine
- small bunch sage



Method

1. Heat oven to 200C/180C fan/gas 6. Put the squash and garlic on a baking tray and drizzle with the olive oil. Roast for 35-40 mins until soft.
2. Cook the pasta according to pack instructions. Drain, reserving the water.
3. Use a stick blender to whizz the squash with 400ml cooking water.
4. Heat a little oil in a frying pan, fry the sage until crisp, then drain on kitchen paper. Tip the pasta and sauce into the pan and warm through. Scatter with sage.

Healthy Living Tips

- Why not add in cooked and sliced chicken breast or salmon chunks to this dish?
- How about serving with roasted tender stem broccoli or a side salad?

Meet our healthy living coordinator, Claire. Who is responsible for our newsletter and healthy living project.

If you have any queries, would like to suggest a feature for our future newsletters, or would like support and advice around issues raised here, please contact Claire at healthyliving@nortonhousingandsupport.org.uk

