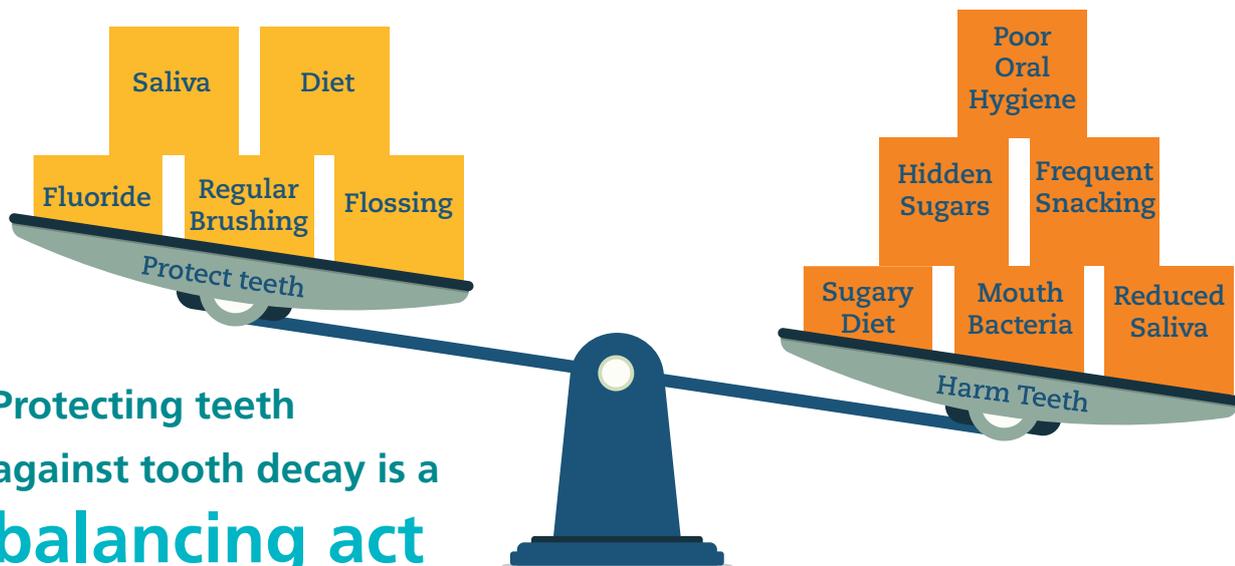


Sugar + bacteria = acid

Acid + teeth + time = tooth decay



When harmful factors outweigh those that protect the teeth, then tooth decay can form.

- Certain mouth bacteria that live on the surface of teeth consume the sugar we eat and turn it into acid.
- The acid sits on the surface of the teeth and pulls minerals out from the tooth's surface causing it to weaken.
- This process happens every time we eat or drink.
- If these acid attacks occur over and over again and there is not enough protection provided to the teeth, this can result in tooth decay.

Go to ada.org.au/tips to watch 'Explaining Tooth Decay', an instructional video explaining how tooth decay forms.

How to protect your teeth:



Brush twice a day using fluoride toothpaste.



Consume no more than 6 teaspoons/ 24 grams of added sugars per day.



Clean between your teeth once per day.



Visit your dentist regularly.

For more information on oral health visit ada.org.au

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