

# Healthy Kids, Healthy Teeth

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This resource is meant to provide useful, educational materials to  
daycare providers and parents of young children.  
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# How Clean are Your Teeth?



## Why Healthy Teeth Are Important

How does taking care of your teeth help with all those things? Taking care of your teeth helps prevent **plaque** (say: PLAK), which is a clear film of **bacteria** (say: bak-TEER-ee-uh) that sticks to your teeth.

After you eat, bacteria go crazy over the sugar on your teeth, like ants at a picnic. The bacteria break it down into acids that eat away tooth enamel, causing holes called cavities. Plaque also causes **gingivitis** (say: jin-juh-VY-tis), which is gum disease that can make your gums red, swollen, and sore. Your gums are those soft pink tissues in your mouth that hold your teeth in place.

If you don't take care of your teeth, cavities and unhealthy gums will make your mouth very, very sore. Eating meals will be difficult. And you won't feel like smiling so much.

## Before Toothpaste Was Invented

We're lucky that we know so much now about taking care of our teeth. Long ago, as people got older, their teeth would rot away and be very painful. To get rid of a toothache, they had their teeth pulled out. Finally, people learned that cleaning their teeth was important, but they didn't have toothpaste right away.

While you're swishing that minty-fresh paste around your mouth, think about what people used long ago to clean teeth:

- ground-up chalk or charcoal
- lemon juice
- ashes (you know, the stuff that's left over after a fire)
- tobacco and honey mixed together

It was only about 100 years ago that someone finally created a minty cream to clean teeth. Not long after that, the toothpaste tube was invented, so people could squeeze the paste right onto the toothbrush! Tooth brushing became popular during World War II. The U.S. Army gave brushes and toothpaste to all soldiers, and they learned to brush twice a day. Back then, toothpaste tubes were made of metal; today they're made of soft plastic and are much easier to squeeze!

Today there are plenty of toothpaste choices: lots of colors and flavors to choose from, and some are made just for kids. When you're choosing a toothpaste, make sure it contains fluoride. Fluoride makes your teeth strong and protects them from cavities.

When you brush, you don't need a lot of toothpaste: just squeeze out a bit the size of a pea. It's not a good idea to swallow the toothpaste, either, so be sure to spit after brushing.

## How You Can Keep Your Teeth Healthy

Kids can take charge of their teeth by taking these steps:

- **Brush at least twice a day** — after breakfast and before bedtime. If you can, brush after lunch or after sweet snacks. Brushing properly breaks down plaque.
- Brush all of your teeth, not just the front ones. Spend some time on the teeth along the sides and in the back. Have your dentist show you the best way to brush to get your teeth clean without damaging your gums.
- Take your time while brushing. Spend at least 2 or 3 minutes each time you brush. If you have trouble keeping track of the time, use a timer or play a recording of a song you like to help pass the time.
- Be sure your toothbrush has **soft bristles** (the package will tell you if they're soft). Ask your parent to help you get a new toothbrush every 3 months. Some toothbrushes come with bristles that change color when it's time to change them.
- Ask your dentist if an antibacterial mouth rinse is right for you.
- Learn how to floss your teeth, which is a very important way to keep them healthy. It feels weird the first few times you do it, but pretty soon you'll be a pro. Slip the dental floss between each tooth and along the gumline gently once a day. The floss gets rid of food that's hidden where your toothbrush can't get it, no matter how well you brush.
- You can also brush your tongue to help keep your breath fresh!

It's also important to visit the dentist twice a year. Besides checking for signs of cavities or gum disease, the dentist will help keep your teeth extra clean and can help you learn the best way to brush and floss.

It's not just brushing and flossing that keep your teeth healthy — you also need to be careful about what you eat and drink. Remember, the plaque on your teeth is just waiting for that sugar to arrive. Eat lots of fruits and vegetables and drink water instead of soda. And don't forget to smile!

Source: <https://kidshealth.org/en/kids/teeth-care.html>

# Que tan limpios estan tus dientes?



## ¿Por qué es importante tener unos dientes sanos?

¿Por qué te interesa cuidarte los dientes? Si te cuidas los dientes, ayudarás a prevenir la formación de la **placa** dental, que es una capa muy fina que se pega a los dientes. Tal vez no te preocupe demasiado el hecho de tener placa dental, pero el problema es que es muy pegajosa y actúa como un imán para las **bacterias** y el azúcar.

Como las hormigas en un picnic, las bacterias se enloquecen por el azúcar que tienes en los dientes y lo descomponen en ácidos que destrozan el esmalte dental, provocando la formación de unos agujeros en los dientes denominados caries. La placa dental también provoca **gingivitis**, una enfermedad en la que las encías se enrojecen, inflaman y duelen. Las encías son el tejido rosa y blando que tienes en la boca y que sujetas los dientes. Si no te cuidas los dientes, no tardarás mucho en tener caries y dolor de encías. Lo pasarás mal al comer y, desde luego, no te apetecerá mucho sonreír.

## Antes de que se inventara la pasta de dientes

Tenemos una gran suerte de saber tanto sobre cómo cuidarnos los dientes. Antiguamente, cuando la gente se hacía mayor, se le iban cayendo los dientes a trozos, lo que era muy doloroso. Para librarse del dolor de dientes, se los tenían que sacar. Al final, la gente aprendió que era importante lavarse los dientes, pero todavía no se había inventado la pasta de dientes. Mientras te lavas los dientes con tu pasta de dientes con sabor a menta fresca, piensa en las cosas que utilizaba antes la gente para lavarse los dientes:

- tiza o carbón en polvo
- zumo de limón
- ceniza (ya sabes, lo que queda tras un incendio)
- una mezcla de tabaco y miel.

¡Qué asco! No fue hasta hace unos 100 años que alguien inventó una especie de crema con sabor a menta para lavarse los dientes: la pasta de dientes. El tubo de pasta de dientes no tardaría mucho en inventarse, lo que permitió a la gente poner fácilmente la pasta en el cepillo de dientes. La conducta de la lavarse los dientes se popularizó durante la segunda guerra mundial. El ejército de EE.UU. daba cepillos y pasta de dientes a los soldados, y éstos se lavaban los dientes dos veces al día. En aquel entonces, los tubos de pasta de dientes se fabricaban con metal; los de hoy son de plástico blando y mucho más fáciles de manipular!

Hoy en día hay muchas pastas de dientes entre las que elegir, con multitud de colores y sabores, y hay marcas especialmente fabricadas para niños. Las personas que tienen los dientes bonitos anuncian pastas de dientes por televisión y en las revistas. A la hora de elegir una pasta de dientes, asegúrate de que contiene flúor. El flúor fortalece los dientes y los protege de las caries.

Para lavarte los dientes, no necesitas mucha pasta: con un poco de pasta, del tamaño de un guisante, basta. No es una buena idea tragarse la pasta, de modo que asegúrate de enjuagarte bien la boca después de cepillarte los dientes y de escupir cuando hayas acabado.

## ¿Cómo puedes tener unos dientes sanos?

Los niños pueden cuidarse los dientes siguiendo los siguientes pasos:

- **Lávate los dientes por lo menos dos veces al día** –después de desayunar y antes de acostarte por la noche. Si puedes, lávate los dientes también después de la comida y después de tomar un tentempié dulce. Lavarse bien los dientes ayuda a descomponer la placa dental.
- Cepíllate todos los dientes, no solamente los que están delante y se ven más. Dedica un tiempo a los dientes laterales y a la cara interna de todos ellos. No te cepilles las encías.
- Dedica tiempo a lavarte los dientes, por lo menos tres minutos cada vez. Si te cuesta calcular el tiempo, utiliza un cronómetro o ponte una canción que te guste para ayudar a pasar el tiempo.
- Pregunte a su dentista si un enjuague bucal antibacteriano de boca tiene razón para ti.
- Asegúrate de que tu cepillo de dientes es de **cerdas suaves** (en el envoltorio pondrá si es suave, medio o duro). Pide a tus padres que te cambien el cepillo de dientes cada tres meses. Las cerdas de algunos cepillos cambian de color cuando toca cambiar de cepillo.
- Aprende a utilizar seda dental, lo que es muy importante para mantener los dientes sanos. Las primeras veces que utilices seda dental tal vez te resulte extraño, pero en poco tiempo te harás un experto en su uso. Desliza la seda dental entre cada par de dientes adyacentes y a lo largo de la línea de las encías. La seda dental permite eliminar los restos de alimentos ocultos y llegar adonde no puede llegar el cepillo de dientes por muy bien que uno se lave los dientes.
- ¡También puede cepillar la lengua para ayudar a mantener el aliento fresco!

También es importante que vayas al dentista dos veces al año. Aparte de evaluar si tienes caries o enfermedades que afectan a las encías, el dentista te ayudará a mantener los dientes superlimpios y tal vez te enseñe a sacar el mejor partido del cepillo de dientes y de la seda dental.

Para mantener los dientes sanos no sólo tienes que lavártelos bien y utilizar seda dental -también tendrás que tener cuidado con lo que comas o bebas. Recuerda que la placa dental está siempre esperando a que llegue el preciado azúcar. Come abundante fruta y verdura y bebe agua en vez de refrescos ¡y no te olvides de sonreír!



# ORAL HEALTH AND OVERALL HEALTH MAKE THE CONNECTION

## Dental Sealants Fact Sheet

OCTOBER 2017

### The Challenge...

Cavities (dental caries) are a common, chronic, infectious disease. They are caused when the bacteria found in the mouth breaks down food, producing an acid that breaks down the tooth, forming tooth decay.<sup>1</sup> If left untreated, tooth decay can lead to pain, infection and even tooth loss. To prevent decay in the tooth grooves, the Centers for Disease Control and Prevention recommends that all children receive age-appropriate dental sealants.

### What you need to know...

- The chewing surfaces of back teeth (molars) are where most dental cavities form, and these areas should have dental sealants applied. Dental sealants prevent decay-causing germs from developing dental decay in the deep grooves where the toothbrush cannot clean well.
- Dental sealants are tooth-colored coatings that fill in these pits and grooves, providing a protective shield. Dental sealants are safe, pain-free, quick to apply, 90% effective, and low in cost. They are non-invasive and do not require any local anesthesia.<sup>2</sup>
- Dental sealants can last for many years and will protect teeth through the most cavity-prone years. Once sealants are applied, they will be checked during your regular dental visits and more sealant will be applied if it is missing.

### Ways You Can Help...

- Children should get dental sealants on their permanent first and second molars as soon as the teeth erupt enough to place the sealant - before tooth decay forms.
- Other teeth with deep pits and grooves might also benefit from dental sealant placement.

### How sealants are applied...

- Teeth that will be sealed are thoroughly cleaned.
- Each tooth is dried, and area around the tooth is isolated with cotton rolls.
- A blue solution is applied to the tooth to create microscopic pores which helps the sealant adhere to the tooth.
- Tooth is thoroughly rinsed and dried again.
- The dental sealant is painted in the grooves and pits of the tooth, and a special light is used to harden the material.



Without  
dental sealant



With  
dental sealant

### Footnotes:

- [1. https://www.cdc.gov/healthywater/hygiene/disease/dental\\_caries.html](https://www.cdc.gov/healthywater/hygiene/disease/dental_caries.html)
- [2. http://www.nidcr.nih.gov/oralhealth/Topics/ToothDecay/SealOutToothDecay.htm#whoShouldGet](http://www.nidcr.nih.gov/oralhealth/Topics/ToothDecay/SealOutToothDecay.htm#whoShouldGet)

### For more information, contact Office of Oral Health

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# ORAL HEALTH AND OVERALL HEALTH MAKE THE CONNECTION

## Nutrition and Oral Health Fact Sheet

FOR PROVIDERS

OCTOBER 2017

### The Challenge...

Existing data suggests there is a lifelong synergy between diet, nutrition, and integrity of the oral cavity in health and disease. The Academy of Nutrition and Dietetics supports the integration of oral health with nutrition services, education, and research.<sup>1</sup>

Oral health and nutrition have a multifaceted relationship. Oral infectious diseases, as well as acute, chronic and systemic diseases with oral manifestations, affect an individual's functional ability to eat and their nutrition status. Likewise, nutrition and diet can affect the development and integrity of the oral cavity and progression of oral diseases.<sup>1</sup>

### What you need to know...

Oral health is related to diet in many ways, as nutrition influences craniofacial development, oral cancer, and oral infectious diseases.<sup>2</sup> Nutrition affects the teeth during development and malnutrition may exacerbate periodontal and oral infectious diseases. However, the most significant effect of nutrition on teeth is the local action of diet in the mouth on the development of dental caries and enamel erosion. Dental erosion is increasing and is associated with dietary acids, a major source of which is soft drinks.<sup>2</sup>

Evidence suggests that periodontal disease progresses more rapidly in undernourished individuals and the importance of nutrition in maintaining an adequate host immune response.<sup>3</sup> Studies have shown associations between tooth loss and compromised diet.<sup>5</sup>

### Connecticut Fast Facts

- Approximately 32.2% of children (0-17 years old)<sup>1</sup> and 19.5% of adults (18 years old and older)<sup>2</sup> drink at least one sugar-sweetened beverage per day.
- Only 14.6% of high school students eat three or more vegetables per day and only 31.0% eat fruit or drink 100% fruit juice two or more times per day.<sup>3</sup>
- Only 17.7% of adults eat three or more vegetables per day and 32.2% eat fruit or drink 100% fruit juice two or more times per day.<sup>4</sup>

### Ways You Can Help...

- Provide basic nutritional counseling, as outlined below, to highlight aspects that will promote oral health.
- Advise decreasing the consumption of all types of sugar-sweetened and carbonated beverages, and increasing fluoridated water intake.
- Promote the selection of whole, unprocessed foods, instead of those that are high in refined carbohydrates or added sugars, especially for people living in deprived and remote areas.
- Encourage breastfeeding. Among other important health benefits, breast milk prevents the occurrence of rampant early childhood dental caries, often the result of a child going to bed with a bottle or drinking from a bottle throughout the day.<sup>2</sup>
- Refer patients with complex medical and nutritional issues to a Registered Dietitian-Nutritionist for medical nutrition therapy.



### Footnotes:

1. <http://www.eatrightpro.org/resource/practice/position-and-practice-papers/position-papers/oral-health-and-nutrition>
2. [http://www.who.int/oral\\_health/action/risks/en/](http://www.who.int/oral_health/action/risks/en/)
3. [http://www.who.int/nutrition/publications/public\\_health\\_nut7.pdf](http://www.who.int/nutrition/publications/public_health_nut7.pdf)
4. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5584677/>

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# ORAL HEALTH AND OVERALL HEALTH MAKE THE CONNECTION

## Asthma and Oral Health Fact Sheet

OCTOBER 2017

### The Challenge...

In Connecticut, 1 in 11 children and 1 in 12 adults have asthma; this is higher than the national average.<sup>1</sup> People with asthma can experience many oral health problems.

### What you need to know...

Asthma is a chronic lung disease that inflames and narrows the airways in the lungs. Common symptoms during asthma attacks are difficulty in breathing, wheezing, coughing, chest tightness and dyspnea. People who use asthma medication are at higher risk of having dental cavities and other oral health problems.

Some asthma medication can reduce saliva and salivary enzymes in your mouth. Reduction in salivary flow causes dry mouth which increases the risk of developing dental cavities. Other asthma medication can cause oral thrush (oral yeast infection), so rinse mouth after every use.

Other oral health problems associated are oral ulcers, changes in taste, bad breath, dry and rough tongue, and a burning feeling in the mouth. Research studies have shown that children and young adults with asthma have higher prevalence of dental erosion (a type of tooth wear).

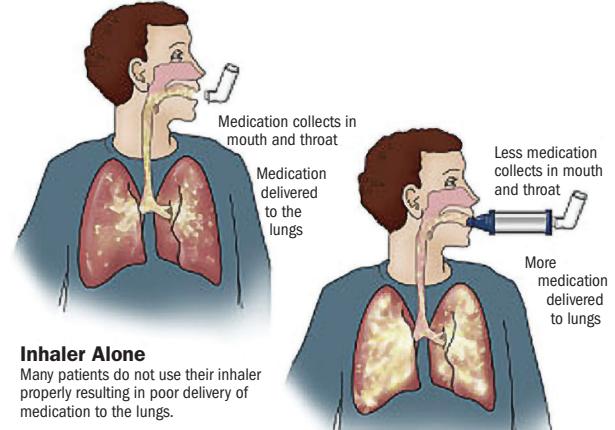
### Ways You Can Help...

- Tell your dental provider if you or your child has asthma, and about any medications being taken.
- Have your inhaler available in case needed during dental visits.
- After using your inhaler, always rinse your mouth with water or a fluoride rinse.<sup>2</sup> If mouth is dry, drink plenty of water.
- Brush teeth gently with a soft toothbrush and fluoride toothpaste 2 times daily, and have teeth cleaned every 6 months.
- Report any changes to your oral health such as bleeding gums or sensitive teeth.
- Check out <http://www.cdc.gov/asthma/default.htm> to learn more about asthma, its treatments and its measures of control.

### Visit your dental provider if you are experiencing any of the following:

- Bad breath that won't go away
- Red or swollen gums
- Tender or bleeding gums
- Painful chewing
- Loose tooth
- Sensitive tooth
- Receding gums or longer appearing teeth
- Oral yeast infection (thrush) which looks like a white coating or white (cottage cheese like) patches on the tongue that can be wiped off to reveal redness and/or mild bleeding

### Consider the benefits of using a spacer (air chamber)



**Inhaler Alone**  
Many patients do not use their inhaler properly resulting in poor delivery of medication to the lungs.

**Inhaler + Air Chamber**  
Using an air chamber with an inhaler improved delivery of medication to the lungs and reduces side effects.

### Footnotes:

1. [http://www.ct.gov/dph/lib/dph/hems/asthma/pdf/youth\\_asthma\\_factsheet\\_2015.pdf](http://www.ct.gov/dph/lib/dph/hems/asthma/pdf/youth_asthma_factsheet_2015.pdf)
2. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3213714/>

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# Cut back on your kid's sweet treats

**Set your kids on a path for lifelong healthy eating by limiting the amount of added sugars they eat.** Sweet treats and sugary drinks have lots of calories but few nutrients. Most added sugars come from sodas; sports, energy, and fruit drinks; cakes; cookies; ice cream; candy; and other desserts.

## 1 Serve small portions

Show kids that a small amount of treats can go a long way. Use smaller bowls and plates for these foods and serve them in bite-size portions.

## 2 Sip smarter

Soda and other sugar-sweetened drinks contain a lot of sugar and are high in calories. Offer water when kids are thirsty.



## 3 Use the checkout lane that does not display candy

Most grocery stores will have a candy-free checkout lane to help avoid temptation. Waiting in a regular checkout lane tempts children to ask for candy that is right in front of them.

## 4 Choose not to offer sweets as rewards

By offering food as a reward for good behavior, children learn to think that some foods are better than other foods. Reward your child with kind words and comforting hugs, or give them non-food items, like stickers, to make them feel special.

## 5 Make fruit the first choice

Offer a variety of fruits in different ways. Make fruit kabobs using cantaloupe, bananas, and strawberries or offer whole fruits such as pears, clementines, or apples.



## 6 Make food fun

Sugary foods that are marketed to kids are advertised as "fun foods." Make nutritious foods fun by preparing them with your child's help and being creative together. Create a smiley face with sliced bananas and raisins. Cut fruit into fun and easy shapes with cookie cutters.

## 7 Encourage kids to invent new snacks

Make your own snack mixes from dry whole-grain cereal, dried fruit, and unsalted nuts or seeds. Let school-age kids choose the ingredients to create their own snack.



## 8 Play detective in the grocery aisle

Show kids how to find the amount of total sugars on the Nutrition Facts label in various cereals, yogurts, and other products. Challenge them to compare products they like and select the one with the lowest amount of sugar.

## 9 Make treats "treats," not everyday foods

Treats are okay once in a while. Just don't make treat foods an everyday thing. Limit sweet treats to special occasions.

## 10 If kids don't eat their meal, they don't need sweet "extras"

Keep in mind that candy or cookies should not replace foods that are not eaten at meal time.

**10 consejos**  
Serie  
de Educación  
en Nutrición



**MiPlato** MisVictorias

Basado en las  
Guías  
Alimentarias  
para los  
Estadounidenses

# Reduzca los dulces de su hijo

**Encamine a sus hijos hacia una alimentación saludable para toda la vida limitando la cantidad de azúcares añadidos que comen.** Los dulces y las bebidas azucaradas tienen muchas calorías pero pocos nutrientes. La mayoría de los azúcares añadidos provienen de refrescos; refrescos deportivos, energéticos y de frutas; pasteles; galletas; helado; caramelo; y otros postres.

## 1 Sirva porciones pequeñas

Muestre a los niños que una pequeña cantidad de golosinas puede durar mucho. Use tazones y platos más pequeños para estos alimentos y sírvalos en porciones de tamaño de bocado.

## 2 Beba con más inteligencia

El refresco y otras bebidas azucaradas contienen mucha azúcar y son ricos en calorías. Ofrezca agua cuando los niños tengan sed.



## 3 Use el carril de salida que no exponga caramelos

La mayoría de las tiendas de comestibles tienen un carril de salida sin caramelos para ayudar a evitar la tentación. La espera en un carril de salida regular tienta a los niños a pedir los dulces que están justo en frente de ellos.

## 4 Elija no ofrecer dulces como recompensas

Al ofrecer comida como recompensa por el buen comportamiento, los niños aprenden a pensar que algunos alimentos son mejores que otros alimentos. Recompense a su hijo con palabras amables y abrazos reconfortantes, o deles artículos no alimentarios, como pegatinas, para que se sientan especiales.

## 5 Haga de la fruta la primera opción

Ofrezca una variedad de frutas de diferentes maneras. Haga kabobs de fruta usando cantalupo, plátanos y fresas u ofrezca las frutas enteras tales como peras, clementinas o manzanas.



## 6 Haga que los alimentos sean divertidos

Los alimentos azucarados que se comercializan para los niños se anuncian como "alimentos divertidos." Haga que los alimentos nutritivos sean divertidos preparándolos con la ayuda de su hijo y siendo creativos juntos. Haga una cara sonriente con los plátanos rebanados y las pasas. Corte la fruta en formas divertidas y fáciles con cortadores de galletas.

## 7 Anime a los niños a inventar nuevos bocadillos

Haga sus propias mezclas de bocadillos de cereal de grano entero seco, frutas deshidratadas y frutos secos o semillas sin sal. Deje que los niños en edad escolar escojan los ingredientes para crear su propio bocadillo.

## 8 Juegue a los detectives en el pasillo de comestibles

Enseñe a los niños cómo encontrar la cantidad de azúcares totales en la etiqueta de información nutricional en varios cereales, yogures y otros productos. Desafíeles a comparar los productos que les gustan y seleccionar el que tenga la menor cantidad de azúcar.

## 9 Convierta las "golosinas" en delicias ocasionales, no en alimentos diarios

Las golosinas están bien de vez en cuando. Simplemente no haga que las golosinas sean una cosa cotidiana. Limite los dulces a ocasiones especiales.

## 10 Si los niños no comen su comida, no necesitan dulces "extras"

Tenga en cuenta que los dulces o las galletas no deben reemplazar los alimentos que no se comen a la hora de comer.

# UNDERSTANDING ADDED SUGAR



Added sugars are types of sugars or syrups added to foods during processing or preparation.

## 4 grams of sugar = 1 teaspoon

This is important to remember when looking at food labels.

You can usually tell when something is a sugar because it has the ending "**ose**" like **maltose or sucrose**. But many times added sugars are hidden in ingredient lists with names like:

dextrose	raw sugar
molasses	syrup
cane sugar	nectar
honey	fruit juice
high-fructose corn syrup (HFCS)	concentrate
evaporated cane juice	corn syrup
corn sweetener	cane crystals

## WHAT'S SO BAD ABOUT SUGAR?

Eating or drinking too much sugar has been linked to obesity and weight gain. It is also associated with a higher risk of many chronic diseases such as diabetes, high blood pressure, and heart disease

Many people know soda is bad... **But what about "better" drinks?**

### 100% Fruit juice

Even though 100% fruit juice is better than soda or fruit-flavored beverages, it still has a lot of sugar. Drinking juice in high quantities can have negative effects on children, such as weight gain and tooth decay.

The American Academy of Pediatrics recommends:

- Infants under 6 months of age should not be given juice.
- Children 1 to 6 years old: no more than 4 to 6 oz (one-half to three-quarters of a cup) of juice per day
- Children 7 to 18 years old: no more than 8 to 12 oz (1 to 2 cups) of juice per day.

### Sports Drinks

Many ads for sports drinks make it seem like everyone doing any type of physical activity should be drinking one. The reality is, that these are very high in sodium and sugars. The best way to hydrate during and after physical activity is always water.

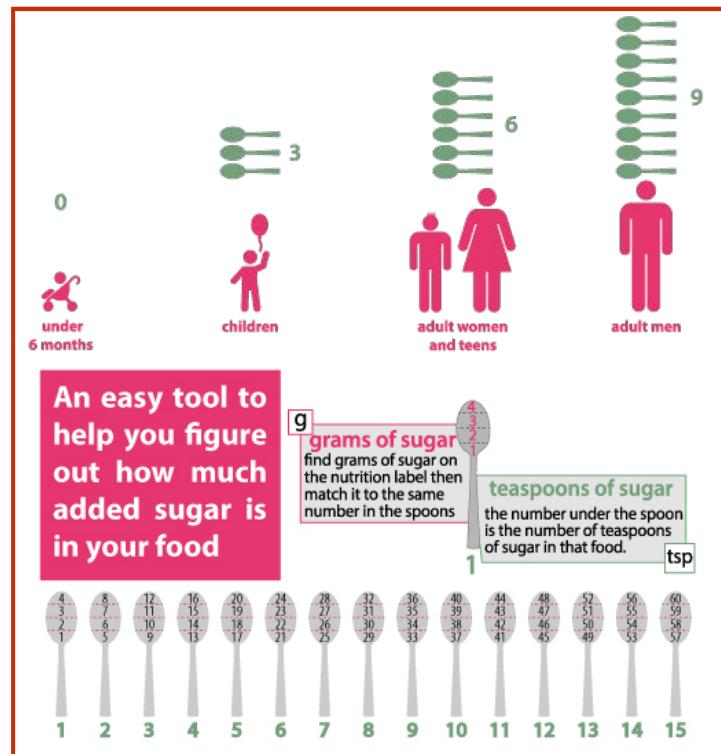
**Water is always the best option for drinks!**

## HOW MUCH IS TOO MUCH?

The average American has about **22 tablespoons** of added sugar each day.

## HOW MUCH ADDED SUGAR SHOULD YOU HAVE EACH DAY?

The American Heart Association recommends:



# ENTENDER EL AZÚCAR AÑADIDO



Azúcares añadidos son tipos de azúcares o jarabes añadidos a los alimentos durante el procesamiento o preparación.

## 4 gramos de azúcar = 1 cucharadita

Es importante recordar cuando se mira las etiquetas de los alimentos.

Se suele saber cuándo un ingrediente sea azúcar añadido porque tiene la terminación **“osa” como maltosa o sacarosa**. Pero muchas veces, azúcares añadidos están ocultos en la lista de ingredientes, llamado:

dextrosa,	edulcorante de maíz,
melaza,	azúcar,
azúcar de caña,	jarabe,
miel,	néctar,
jarabe de maíz de alta fructosa (HFCS),	jugo concentrado,
evaporado jugo de caña,	jarabe de maíz,
	caña de cristales

## ¿QUÉ TIENE DE MALO AZÚCAR?

Comer o beber demasiada azúcar se ha relacionado con obesidad y peso ganancia. También se asocia con un mayor riesgo de muchas enfermedades crónicas como diabetes, presión arterial alta y enfermedades del corazón.

Muchas personas saben que la soda es mala... **Pero qué de las bebidas “mejores”?**

### 100% Jugo de Fruta

Aunque 100% jugo de fruta es mejor que soda o bebidas con sabor a fruta, todavía tiene mucha azúcar. Beber jugo en grandes cantidades puede tener efectos negativos en los niños, tales como ganancia de peso y caries dentales.

La American Academy of Pediatrics recomienda:

- Los bebés menores de 6 meses no se deben dar jugo.
- Niños de 1 a 6 años: no más de 4 a 6 onzas (una mitad hasta tres cuartos de una taza) de jugo por día.
- Niños 7 to 18 años: no más de 8 a 12 onzas (1 a 2 tazas) de jugo al día

### Bebidas Deportivas

Muchos anuncios para las bebidas deportivas hacen parecer que todo el mundo tiene que beberlas si hace cualquier tipo de actividad física. La realidad es que jugo de fruta y bebidas deportivas son muy altos en sodio y azúcares. La mejor manera de hidratarse durante y después de la actividad física siempre es agua.

**El agua siempre es la mejor opción!**

## ¿CUANTO ES DEMASIADO?

El estadounidense promedio toma alrededor de 22 cucharadas de azúcar añadido cada día.

## ¿CUÁNTO AZÚCAR DEBE COMER CADA DÍA?

El American Heart Association recomienda:

