

Your Dental Caries Risk

Frequently eating sugar-containing foods is a major risk factor for dental caries (tooth decay). The longer and more frequently these foods stay in the mouth, the greater the risk of tooth decay.

Do you have a dry mouth? Yes No
 Do you chew gum? Yes No
 If yes, is it regular_____ or sugar free____?
 Do you often chew or suck on hard candy, cough drops, breath mints, lozenges, or antacids? Yes No

Using your usual weekday again
 Put a check ion the appropriate frequency line below for each food or beverage you had for dessert or **between meals** (at least 20 minutes apart). Then:
Multiply the number of servings by the risk number in the box below

Add up the numbers in this column for your final risk score

LIQUID consumed in less than 20 minutes: Number/day = ____ X 1 =
 Soft drinks, fruit drinks, juice cocoa, sugar & honey in drinks, non-dairy creamers, puddings, ice cream flavored or frozen yogurt, sherbet, jello, popsicles etc.

LIQUIDS SIPPED SLOWLY OVER MORE THAN 20 MINUTES Number/day = ____ X 3 =

SOLID/STICKY Number/day = ____ X 2 =
 Sweetened canned fruit, bananas, dried fruits, cake, cookies, pie & pastry, candy, sweet rolls, donuts, caramel, jelly/jam, marshmallow etc.

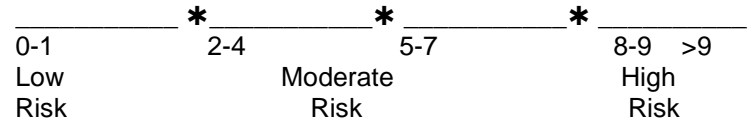
SLOWLY DISSOLVING Number/day = ____ X 3 =
 Hard candy, breath mints, cough drops, antacid tablets

Figure total score and go to next page: **TOTAL SCORE:** _____

Oral Health Results

Your Caries Risk

Place your score from Number 5 on the **Caries Risk Line below.**



To lower your risk of caries, keep these points in mind:

- Cut down on the frequency of between meal sweets.
- Don't sip constantly on sweetened beverages.
- Avoid using slowly dissolving items like hard candy, cough drops or breath mints.
- Eat more non-decay-promoting foods such as low-fat cheese, raw vegetables, crunchy fruits, popcorn, nuts, artificially sweetened beverages and natural spring waters.

A good Diet, adequate Fluoride and effective Oral Hygiene are the keys to Oral Health



Food, Oral Health and You

What you eat, can help or harm your mouth and teeth

Good nutrition keeps the mouth healthy, helps heal wounds, helps fight gum disease, and helps prevent tooth decay

This booklet will help you see how your oral health nutrition shapes up

Promoting Good Nutrition

Are you being treated for any nutrition-related condition? Yes No

Do you have any dental problems which affect your eating? Yes No

Have you changed your eating habits in the past 6 months? Yes No

Have you lost or gained more than 10 pounds without trying in the last 6 months? Yes No

Do you take any vitamins or nutritional supplements? Yes No
 If yes, what type and how often?

If you answered Yes to any of the above, please explain:

What do you eat in a typical day?

Please list all the foods, including snacks and drinks that you eat on a USUAL weekday. Give your best guess as to amounts and times eaten.

Time of Day	Food/Drink	Amount

Next..... See how you're doing

- Using your typical intake from above, put a check in the appropriate area for each serving you ate from each group. For example, a banana and a piece of toast would be one box in the fruit section and one box in the grain section.
- Be sure to use the appropriate serving sizes to check off the boxes correctly. For example, one cup of cooked broccoli counts as two vegetable servings.

How Does Your Diet Rate?

Put a check in the appropriate plate section below for each serving you have daily and compare to the minimums recommended below

Dairy, have 3 cups



Servings = ____

Fruit, have 3+ cups/day



Servings = ____

Grains, have 6+ ounces/day



Servings = ____

Vegetables, have 2 ½ cups/day



Servings = ____

Protein, have 5+ oz/day



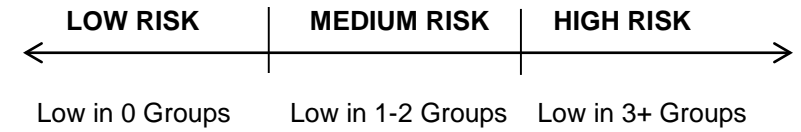
Servings = ____

Record your general nutrition results on the next page

Results of your Diet Evaluation

IF YOU WERE BELOW THE LOWEST RECOMMENDED SERVING IN ANY OF THE FOOD PYRAMID GROUPS, YOU MAY BE AT A NUTRITIONAL RISK.

PLOT YOUR RISK ON THE LINE BELOW:



Food Group	Important Nutrients	Suggestions
Dairy	Protein, Calcium, Vitamin D	Have some yogurt or cheese for a snack. Put milk on your cereal.
Fruit	Vitamins A & C, Fiber	Add to cereal. Eat as a snack or instead of dessert.
Vegetable	Vitamins A & C, Fiber	Add to sandwiches or pasta. Have a salad with your meal.
Bread/Cereal	B vitamins, Fiber, Carbohydrate	Snack on pretzels, popcorn, or crackers. Have rice with dinner.
Protein	Protein, Zinc, Iron, B vitamins	Have some peanut butter on your crackers. Add cheese to a salad.

Now check your risk for developing Tooth Decay

