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**FACT SHEET**

# Fruit juice and dental health

Much has been said about fruit juice's impact on teeth, particularly among young children. Fruit Juice Australia (FJA) is looking to correct the misinformation on juice and dental health.

Tooth decay relates not only to consumption of certain foods and drinks, but also other factors such as poor oral hygiene practice and a lack of exposure to fluoride.

The link between fruit juice and poor dental health rests on the claim that acid in juice dissolves the protective outer enamel of the teeth and mouth bacteria feed on sugar.

The same argument can be said of fruit or indeed other healthy foods which contain natural sugars and FJA believe it's equally unreasonable to limit our consumption of fruit.

## Benefits of juice:

Let's not forget the benefits of juice. A small glass (125 ml) of 100% juice can count towards a fruit serve and delivers many of the same vitamins and nutrients important to a healthy balanced diet.

## Truths about juice and teeth:

It's true that dental erosion is prevalent today, and acidic foods and drinks combined with poor dental care are thought to be a factor.

As when consuming any food or drink, you need to take care of your teeth. This is part of your overall health and wellbeing.

Dental health authorities consider it best to consume juice with food or a meal, as the saliva generated by eating helps protect the teeth<sup>1</sup>.

More practical advice to help with better overall dental health outcomes include:

- avoid sipping drinks over several hours
- don't swish drinks around the mouth
- regularly brush with fluoride toothpaste

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<http://www.facebook.com/pages/Get-the-Juice-with-Fruit-Juice-Australia/418308024867275>

## Dental health tips to minimise risk

- Don't sip fruit juice throughout day or night (includes infants).
- Don't hold or swish juice around the mouth.
- Drink fruit juice at meal times, followed with water (to help stimulate saliva flow, wash sugars and acids).
- Follow good oral hygiene practices – daily flossing and brushing reduces the risk of tooth decay.
- Visit a dentist regularly.



Fruit Juice Australia  
 CEO  
 Geoff Parker



*The benefits of juice in bringing valuable nutrients to the diet should not be forgotten.*

*Consider that a glass of fruit juice, classified as a fruit serve, provides 90% of two and three year olds with their daily fruit intake.*

*Without fruit juice that unfortunately drops to about 65%.*



**Daily fruit servings needed:**

**Recommended fruit serves per day by age group:**

- 4-7 years - 1 serve
- 8-11 years - 2-3 serves
- 12-18 years - 2-3 serves
- Adults - 2 serves

One serve of juice can count towards your daily fruit intake.

## Did you know?

Saliva helps teeth to harden and absorb more calcium, which acts like a coat of armour. It also contains enzymes and buffers which neutralise acid and return the pH of your mouth to neutral.

Take care of your teeth by drinking juice with food. More than half (53%) of the fruit juice consumed by Australian children takes place with main meal and mid-meal occasions<sup>2</sup>.