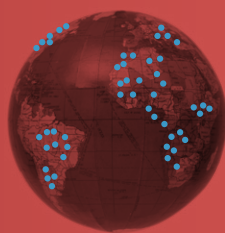


THE INTERNATIONAL SWEETENERS ASSOCIATION (ISA) SUPPORTS
WORLD ORAL HEALTH DAY AND

"ACTIONS ON MOUTH HEALTH"

ORAL DISEASES AFFECT 3.9 BILLION PEOPLE WORLDWIDE, WITH UNTREATED TOOTH DECAY IMPACTING ALMOST 1/2 OF THE WORLD'S POPULATION



3.9 BILLION
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1/2
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POPULATION



PREVENTION, EARLY DETECTION AND TREATMENT ARE KEY



ACT ON MOUTH HEALTH NOW!

TO REDUCE ORAL DISEASE RISK AND ASSOCIATED HEALTH COMPLICATIONS...

1.



MAINTAIN GOOD ORAL HYGIENE HABITS SUCH AS REGULAR TOOTH BRUSHING!

2.



EAT A HEALTHY DIET, LOW IN SUGAR AND HIGH IN FRUIT AND VEGETABLES. LOW CALORIE SWEETENERS CAN FIT WELL WITHIN A TOOTH-FRIENDLY DIET!

3.



GET RID OF UNHEALTHY LIFESTYLE HABITS SUCH AS SMOKING AND HIGH ALCOHOL CONSUMPTION.

4.



DO NOT MISS YOUR REGULAR DENTAL CHECK-UP!

WHY ARE LOW CALORIE SWEETENERS TOOTH-FRIENDLY INGREDIENTS?

UNLIKE CARBOHYDRATES, LOW CALORIE SWEETENERS ARE NOT BROKEN DOWN BY ORAL BACTERIA AND THUS DO NOT CAUSE TOOTH DECAY.

DENTAL CARIES (OR COMMONLY TOOTH DECAY) =

the outcome of the demineralisation of tooth enamel by acid in the mouth. Acid is produced by oral bacteria that metabolise sugars and other carbohydrates that we ingest with foods and drinks. Therefore, overconsumption of sugar has been associated with tooth decay.



FIND OUT MORE

TO LEARN MORE ABOUT LOW CALORIE SWEETENERS AND DENTAL HEALTH, PLEASE CHECK THE NEW ISA RELATED INFOGRAPHIC BY CLICKING

[HERE](#)

The International Sweeteners Association (ISA) supports
World Oral Health Day (WOHD) on 20 March

#SayAhh #WOHD19 #ISA4WOHD



sweeteners.org