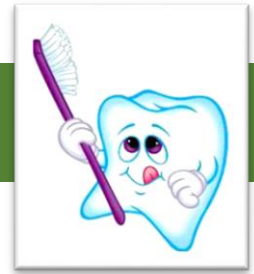


# Why Diet is Important



## Why diet is important

- 1 Whenever we eat something sugary the bacteria in our mouth can also use that sugar to make energy
- 2 The bacteria then produce waste which is an **acid**. This starts to break down the protective structure of our enamel so important minerals are lost

Sugar at meal times

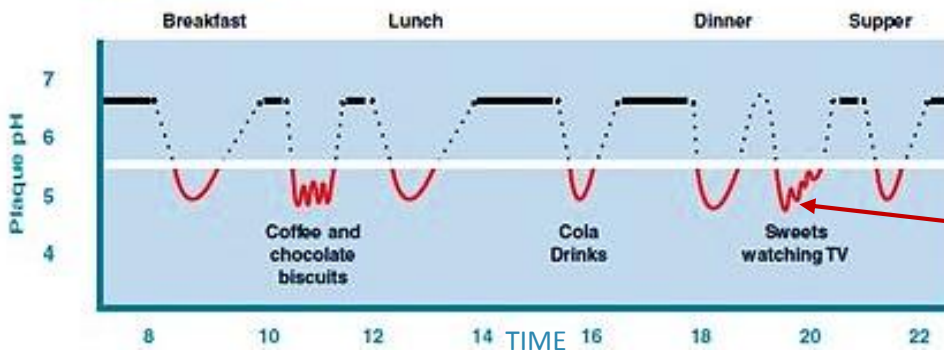


This process is known as "DEMINERALISATION"

- 3 After 30-60 minutes, the acids clear and our saliva helps to patch up the teeth by replacing some of the lost minerals

This repair process is known as "REMINERALISATION"

Sugar between meals



- 4 If we eat lots of sugar quite often, too much of the mineral and its supporting structure is lost and a hole is created. This hole gets bigger over time and may cause us pain.

So it's important to get the right balance...

