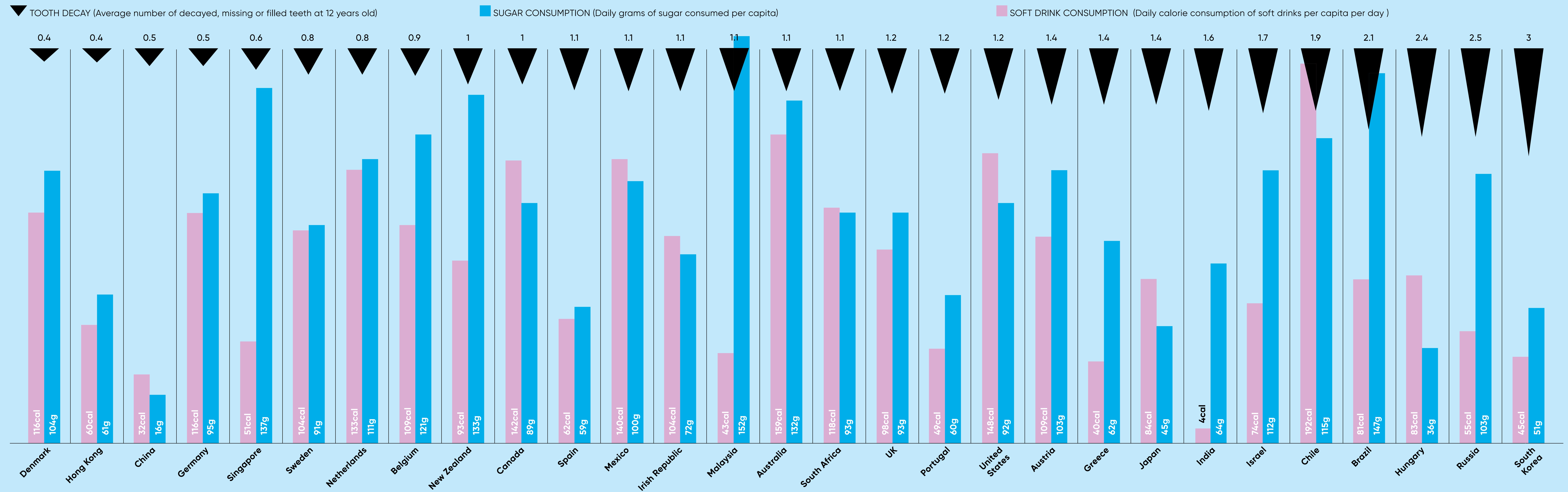


# BITTERSWEET

Excessive sugar consumption plays a major role in tooth decay. While the sugar itself doesn't do any damage, acid is produced when bacteria in your mouth breaks down the sugar – it's this acid that starts to dissolve the enamel creating holes or cavities in the teeth. This infographic explores food and drink habits around the globe to look for patterns in sugar consumption and tooth decay. Measuring decayed, missing or filled teeth at 12 years of age is one of the most common methods for assessing the prevalence of dental cavities

## GLOBAL COMPARISON OF SUGAR INTAKE AND TOOTH DECAY

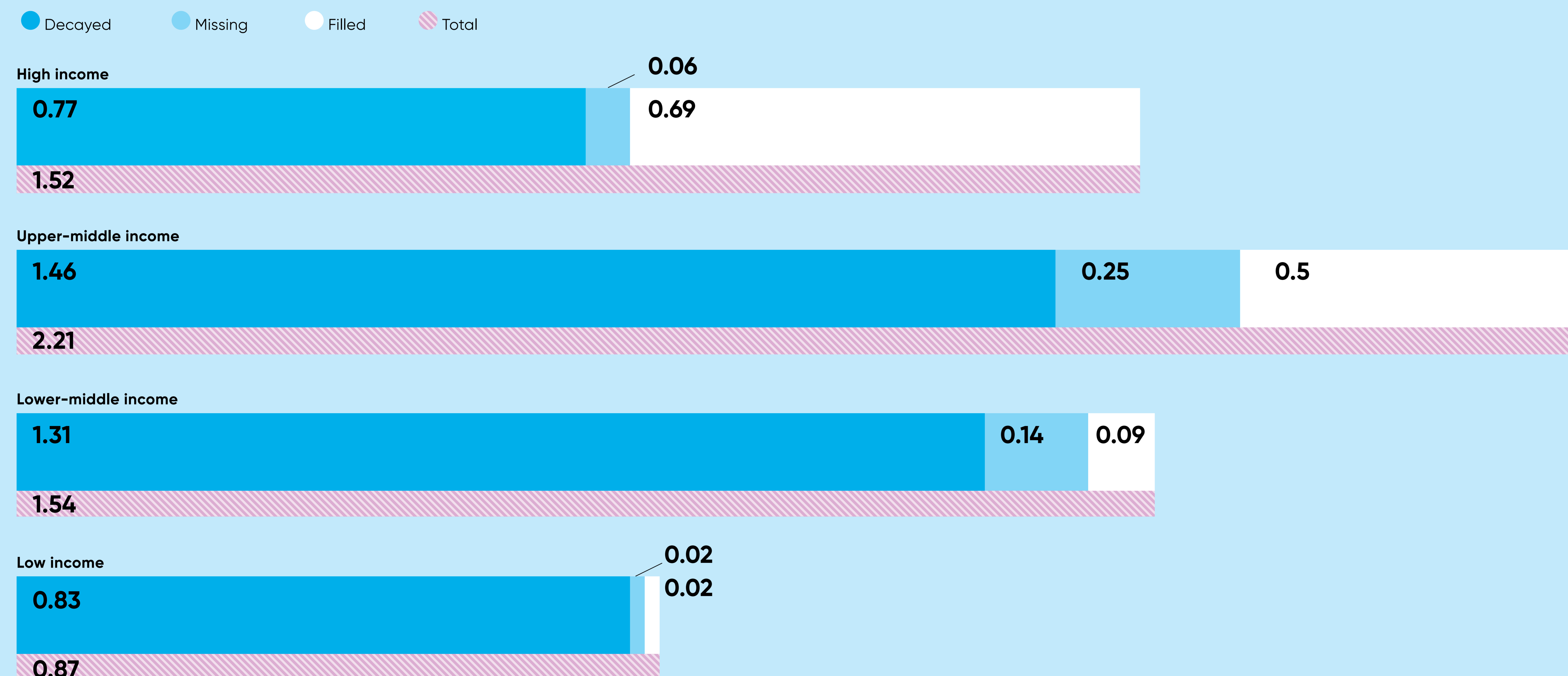
LATEST AVAILABLE DATA



World Health Organization/Malmö University/OECD/Food and Agriculture Organization/Euromonitor International

## GLOBAL DISTRIBUTION OF TOOTH DECAY

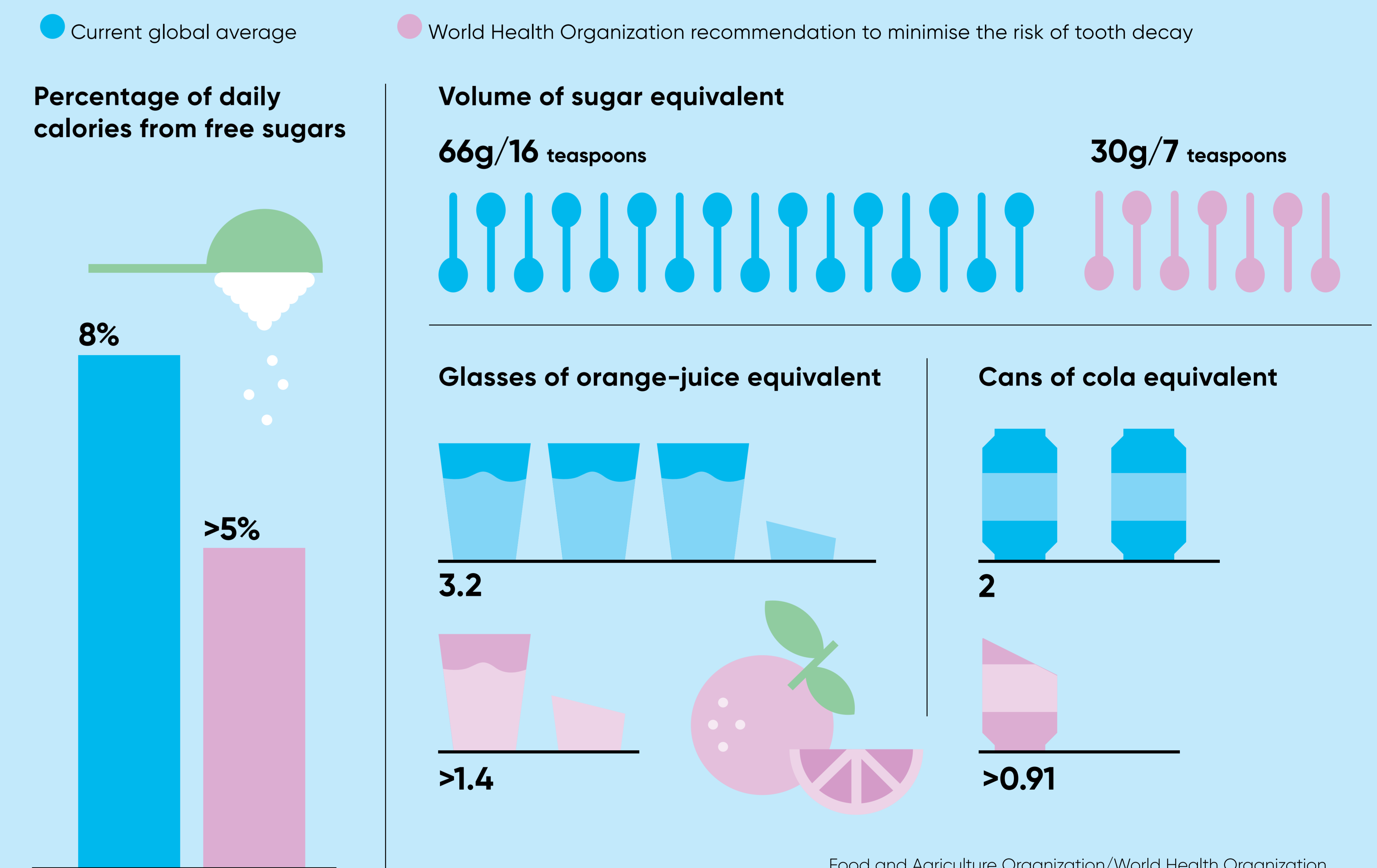
AVERAGE NUMBER OF DECAYED, MISSING OR FILLED TEETH AT 12 YEARS OLD



FDI World Dental

## CURRENT AND GUIDELINE INTAKES OF FREE SUGARS

FREE SUGARS ARE SUGARS ADDED TO FOODS BY THE MANUFACTURER, COOK OR CONSUMER, PLUS SUGARS NATURALLY PRESENT IN HONEY, SYRUPS AND FRUIT JUICES



Food and Agriculture Organization/World Health Organization

## POLICIES TARGETED AT REDUCING SUGAR CONSUMPTION



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