

# My Caries Puzzle



Stop Caries NOW for a Cavity-Free Future  
European Chapter

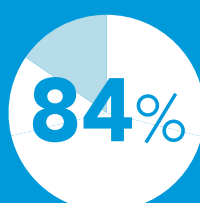
## Nutrition

60% of Europeans claim that they consume more than the recommended daily limit of dietary sugar intake.



World Health Organisation (WHO) recommends daily sugar consumption is ideally less than about 6 teaspoons for an adult<sup>1</sup>

## Fluoride



84% of Europeans agree tooth decay is a condition that can be avoided by the regular use of appropriate oral health products.

Brushing twice a day with a fluoride toothpaste helps to prevent and control tooth decay.

## Behaviour



Almost a third of Europeans only brush their teeth once a day or less.

Valuing a healthy mouth helps establishing a robust oral care routine. Everyone cares about their hair and skin so why not value teeth in the same way?

## Dental Team



25% of Europeans only visit the dentist when they have a problem.

Regular check-ups by the dental team can enable early diagnosis to control and even reverse tooth decay in its early stages.



Joining up the pieces for a  
**Cavity-Free Future**