

# The damaging effects of fruit juice, dried fruit and smoothies on dental health

Dried fruit, fruit juice and smoothies contain important nutrients like antioxidants and vitamins. They can be a healthy food option as part of a healthy balanced diet.

A glass (150ml) of fruit/vegetable juice or a handful of dried fruit counts as 1 portion of your 5 A Day.

**It is however, also important to be aware that they contain sugars which can be harmful to teeth. Consuming sugary food and drinks too often can contribute to dental decay.**

Food and drinks containing sugars should be kept to mealtimes only.

The juicing process removes most of the fibre from the fruit, freeing the natural sugars from the cells in the fruit, which means that drinking fruit juice frequently between meals may be damaging to teeth.

Smoothies are different to fruit juices because they contain crushed (pureed) fruit as well as juice, so they provide more dietary fibre.

Remember they also contain sugar too. A smoothie is healthy as part of a balanced diet, but not as an in-between meal snack.

When fruit is dried, it loses its water, and what you are left with is concentrated juice, basically just sugar.

**Remember, due to their high sugar content, dried fruit, fruit juices and smoothies need to be limited to mealtimes only.**

**Whole fruits are safe to consume between meals.**



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