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AUSTRALIAN DENTAL ASSOCIATION – SOUTH AUSTRALIAN BRANCH INC

Media Release

2 Fruit and 5 Veg Per Day to Help Keep Tooth Decay Away – Oral Health Week Launched

In response to alarming figures that show that among five-year-olds starting school one in eight has decay in a quarter of their teeth, Dr Chris Pazios President of the Australian Dental Association SA Branch is urging parents to introduce a diet that includes 2 fruit and 5 veg per day for their children.

“A meal plan for children that includes 2 fruit and 5 veg per day is an excellent method to protect children’s teeth from decay.” Dr Pazios says.

“Rising children’s decay that includes a 30% increase in tooth decay in 12-year-olds in the past six years is a real concern and children need to be steered away from continuous snacking on lollies and biscuits.” Dr Pazios observed.

A balanced diet that includes ***‘2 fruit and 5 veg per day to help keep tooth decay away’*** will be the theme of the launch of Dental Health Week 2005. The launch of Dental Health Week will be held at Richmond Primary School, on Tuesday 2 August at 11.15am.

Richmond Primary School educates children from Reception to Year 7 and has a multi-cultural student base with many children from overseas attending school for the first time in Australia.

The launch will feature a presentation to an assembly of students with an appearance by Vegie Man and the ‘Chic Peas’, fruit and veg musicians. Vegie Man will distribute fruit and vegetable snacks to the students.

The launch will be a joint effort between the SA Branch of the Australian Dental Association and the South Australian Fruit and Vegetable Coalition. Claire Flanagan, Project Coordinator, said the Coalition is pleased to be working with the Association to encourage students to snack on fruit and vegetables rather than foods that are high in sugar, fat and salt.

Dr Pazios recommends that children only eat sugary snacks occasionally. “Children should also have frequent sips of water to wash as much of the sugary food and acids as possible. Above all remember the message 2 fruit and 5 veg per day to help keep tooth decay away.”

More information about the ADA Dental Health Week and/or for interview opportunities please contact Dr Chris Pazios – Mobile 0404 238 487.

Visual and pictorial opportunities will be available at Richmond Primary School on the morning of the launch.