

# Fluoridated Milk and your Child

## Your questions answered

### **Fluoride**

Many dental experts agree that tiny amounts of fluoride taken every day helps to protect teeth against decay.

Depending on how it is used, Fluoride can reduce tooth decay by 20%-50%. Fluoride can be applied at home in toothpastes, mouth rinses and food supplements or professionally applied in dental surgeries as either a varnish or a gel.

Fluoride can also be added to water supplies, (water fluoridation), added to salt (salt fluoridation), or added to milk (milk fluoridation). These all offer protection to large numbers of people.

### **Fluoridated milk**

Worldwide more than 672,000 children drink fluoridated milk at school. 40,000 of these are in Britain.

Fluoridated milk is milk in one of its various forms e.g. fresh, powdered or UHT, to which a small amount of fluoride has been added to protect against tooth decay.

The amount of fluoride in the milk is very small (0.5mg), and is carefully measured at the dairy. This amount is chosen so that no harm will come to the children drinking it.

Fluoridated milk is only available to children in schools which operate these milk schemes and whose parents have given their permission.

### **Are there any health risks from fluoridated milk?**

No. As the amount of fluoride added to the milk is so small there is no risk to your child's health.

As fluoride is a naturally occurring substance it is found in some food and drinks, for example most water, bottled and tap, contains traces of fluoride and a cup of tea has a small amount in it. However there has never been a proven case of allergy to fluoride.

## **If my child receives fluoridated milk should they also use a fluoride toothpaste?**

Yes, but only use a small amount of toothpaste (the size of a small pea). Your child should spit out the toothpaste, not swallow it.

## **Can I buy fluoridated milk?**

No. It is only available to nursery and primary school children in schools which decide to offer it.

## **What if I don't want my child to have fluoride?**

Fluoridated milk at school is voluntary. You can always refuse it. However, doctors and dentists advise that children have some form of extra fluoride to help protect teeth against decay.

***For more information on this  
and other fluoride uses visit  
[www.fluorideinformation.com](http://www.fluorideinformation.com)  
or call 0161 275 8948.***

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