

# A HEALTHY SMILE, A HEALTHY LIFE



## Take Care of Your Teeth

Teeth are one of the things your body cannot regenerate. Healthy teeth and gums are important to good health. Keep teeth healthy for a lifetime by starting early.



LET'S GO!

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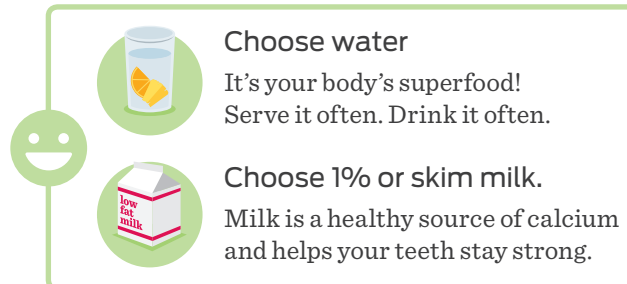
## Snack Smart

- Sugary foods and drinks may taste good, but they fuel the bacteria that cause tooth decay.
- Sticky foods including candy, fruit snacks, and granola bars also promote cavities.
- Choose fruits and veggies that have lots of water like watermelon, pear, cucumber, celery
  - **Fact:** These have extra water that make super saliva and kills bacteria that damage teeth!
- Eating fresh fruits and raw veggies help clean your teeth.
- Eat nuts, like sunflower seeds, almonds and cashews. They have vitamins and minerals that help keep teeth strong.

## Rethink Your Drink

- Many drinks, such as energy and sports drinks, soda and juice damage teeth.

Examples of drinks that promote cavities:



### Choose water

It's your body's superfood!  
Serve it often. Drink it often.

### Choose 1% or skim milk.

Milk is a healthy source of calcium  
and helps your teeth stay strong.



## Ways to Beat Tooth Erosion

- Strengthen your teeth and bones with milk and other dairy products high in calcium and Vitamin D.
- If you do have a soda or sugary drink, use a straw to draw the damaging liquid away from your teeth.
- Brush your teeth and rinse your mouth if you do eat sugary and sticky foods

## Make Your Breath & Smile Sparkle

- Brush and floss daily with fluoride toothpaste. Your smile will thank you!
- Clean between your teeth every day with floss or another type of between-the-teeth cleaner.
- Talk to your dentist or pediatrician about how fluoride helps prevent dental cavities.
- Visit your dentist regularly.