

For Healthy Teeth for a Lifetime:

- **Strong teeth**

- Make sure you have fluoride in your drinking water (or in tablets and/or rinse) and in your toothpaste.



- **Clean teeth** by removing Plaque (bacteria)

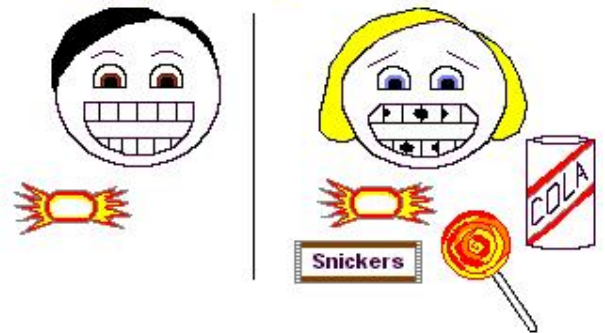


- **Limit sugar** to one time a day



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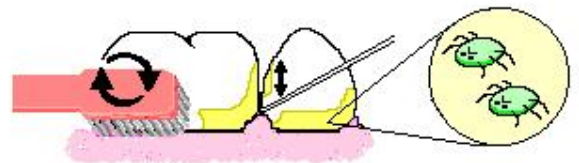
To one time a day



Remember: One can of pop has 7 - 10 teaspoons of sugar!

Where is the Plaque (bacteria)?

- at the gumline and between the teeth.



" Make the brush go round and round.
Make the floss scrape up and down."