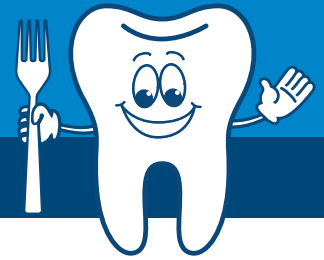


# FEED YOUR TEETH

Healthy nutrition for a healthy smile.



## Hey kids – Mikey Molar here.

Did you know that the food and drinks you have can make a difference in the health of your teeth and gums? It's true. Just like the rest of your body, your teeth rely on you to "feed" them the healthy things they need to stay strong. Don't worry – it's a lot easier than it sounds, and it doesn't mean you can't ever eat sweets and treats. It's just like my dad, Wally Wisdom Tooth always says, "Everything in moderation."

## Here are some simple tips to help:

### Snack smart.

Instead of having a sugary snack like granola bars and candy, stick with healthier options like the ones listed to the right.

#### HEALTHY SNACK IDEAS:

Cheese stick  
Handful of nuts  
Low-sugar yogurt  
Veggies  
Apples

### Take care of your teeth, too.

Brush teeth twice a day for two minutes,\* floss every day,\* and visit your dentist every six months\*

### Drink plenty of water.

Drinking water can help wash away food and acid after eating.

#### BONUS TIP:

If you drink tap water, it probably has fluoride in it, which can help keep your teeth strong.

### Limit sugary drinks.

Think of drinks like juice, soda and sports drinks as special treats; not as something you should have all of the time.

#### BONUS TIP:

If you're going to have a sugary drink, use a straw. It can help reduce your teeth's exposure to sugar.

### Don't use your teeth as tools.

Avoid chewing hard things like ice or popcorn kernels that could wear down or break your teeth.

answers: your hand.

#### POP QUIZ:

Which should you use to unscrew the toothpaste top?

- a. Your teeth
- b. Your hand
- c. A banana



**So, there you have it. By following these tips, you can help keep your teeth and gums healthy, and your smile bright. Now, who's ready for some coloring and a healthy snack?**

\* American Dental Association. Home Oral Care Recommendations to Reduce the Risk of Caries and Gingivitis. [https://www.ada.org/~/media/ADA/Science%20and%20Research/Files/SCL\\_HomeOralCareGuide\\_Jan2018\\_Web\\_FINAL.pdf?la=en](https://www.ada.org/~/media/ADA/Science%20and%20Research/Files/SCL_HomeOralCareGuide_Jan2018_Web_FINAL.pdf?la=en)

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