



Facts About Teeth

- Teeth help us to break down food
- In our lives, we have 2 sets of teeth: our baby teeth (20 teeth) & our adult teeth (32 teeth)
- Baby teeth help us form sounds and words
- Baby teeth save space for permanent teeth
- Baby teeth round out the shape of the face, helping us smile
- If we don't protect our teeth with daily brushing and flossing, a cavity can form that can hurt your tooth

How To Brush Your Teeth

1. Hold toothbrush at 45 degree angle to the gum line and brush down in circular motions
2. Be sure to brush the back side of teeth in circles
3. Hold toothbrush flat over chewing surfaces and move it back and forth
4. Don't forget to brush your tongue and roof of your mouth
5. Floss daily!

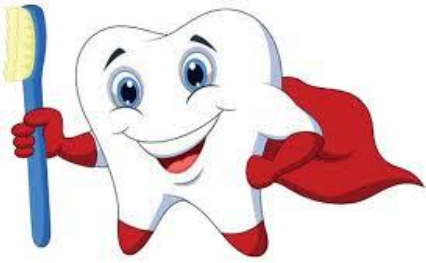
ALL ABOUT TEETH

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Keep Cavities Away!

- Always brush with fluoride-containing toothpaste. Fluoride is a mineral that helps to prevent tooth decay
- Did you know? Tap water is better to drink than bottled water because it contains fluoride to help keep your teeth healthy
- You should visit the dentist at least 2 times per year
- Avoid drinks that have a lot of acid or sugar content, such as soda, candy, cookies, and fruit juices.

HEALTHY DIET, HEALTHY MOUTH

- The best food choices include: cheeses, nuts, milk, chicken, and other meats
- The best food to help prevent plaque and help freshen your breath include: apples, celery, and carrots
- The best choices to protect your gums are foods with vitamin C like oranges, pineapples, tomatoes, strawberries, and even broccoli
- The best choice for your mouth AND body is WATER!



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