HEALTHY TEETH

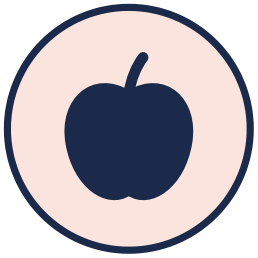
Four healthy habits

Healthy teeth help you eat, speak and smile.



Brush twice a day

Two minutes, with fluoride toothpaste.



Cut down on sugar

Have sugary food and drink less often.



Drink water or milk

They are the best choices between meals.



See a dentist

Go as often as your dentist advises.

Children have 20 baby teeth. Adults can have up to 32.

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