

TREATS ARE SWEET

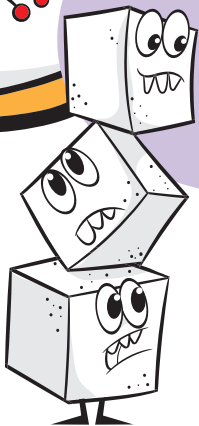
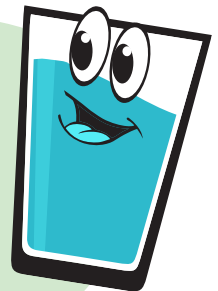


...but don't forget to take good care of your teeth!

Cavities (a hole in your tooth!) happen when germs make sticky, slimy stuff called plaque grow in your mouth and eat away at your teeth. These germs can grow from sugar bugs so our friend Mr. Plaque A. Tack has some good advice for you...

- ✗ Skip the lollipops and chewy candies (sweets are treats, not for every day)
- ✗ Stop the pop, energy drinks or sugary juices
- ✗ Don't add extra sugar on top
- ✗ Stay away from sugary cereals

- ✓ Drink water
- ✓ Eat healthy snacks like crunchy vegetables, cheese, and plain yogurt
- ✓ Choose sugar-free gum and candy
- ✓ Eat treats only after meals (not in between)
- ✓ Rinse your mouth after snacking



Keep your regular dental appointments and most importantly, don't forget to brush for 2 minutes and floss, 2 times a day, to help keep the sugar bugs away!

