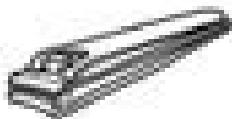
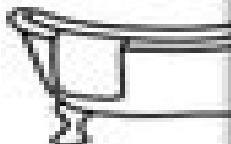
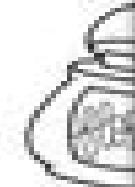
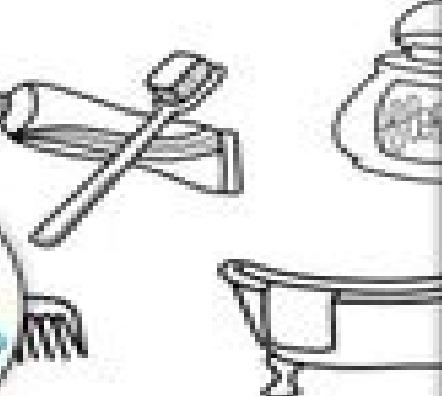


PERSONAL HYGIENE

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Oral Hygiene

Good dental hygiene is important for your health.



- ☐ Brush your teeth 2-3x a day with toothpaste.
- ☐ Floss between your teeth every day. Especially your molars or teeth at the back of your mouth.
- ☐ Rinse with mouthwash.
- ☐ See a dentist at least twice a year.
- ☐ Don't put things in your mouth such as your pencil eraser, pen or fingernails.
- ☐ Change out your toothbrush when the bristles start fraying out.
- ☐ Change out your toothbrush after being sick. Especially if you had strep throat!

Good oral hygiene habits help prevent cavities, tooth decay, and gum disease.



Good oral hygiene
habits help prevent
cavities, tooth decay,
and gum disease.

Eating for healthy teeth

Eat & Drink More:

Food	Ingredients
Whole Grains	Whole
Fruit	Fruit
Sugar-Free Gum	Unprocessed Foods

Eat & Drink Less:

Food	Ingredients
Crusty	Processed Foods
Sugary Snacks	Processed Snacks
Fast Food	Processed Foods

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Annelies Wilder-Smith

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