Tips for Healthy Teeth

1. Brush your teeth thoroughly (outside, inside, and across the tops where you chew).

2. Use a soft nylon toothbrush (unless your dentist requests that you use another kind).

3. Use a toothpaste that has the seal shown here.

4. Visit the dentist twice a year.

5. Do not eat a lot of sweet snacks, candy, and sugars.

6. Eat healthful foods like fruits, vegetables, and milk.

Adapted from NET Nutrition Education, *Choose Well, Be Well: A Curriculum Guide for the Primary Grades*, California State Department of Education, 1982.