



Healthy, Happy Teeth

Nutrition
Good Oral Health
Brush & Floss Daily

- Our teeth are important because they help us talk, eat, and give us beautiful smiles!
- We lose our baby teeth to make room for our adult teeth because we need bigger, stronger teeth to last the rest of our lives.
- Your adult teeth are made to last for your whole adult life if you take good care of them.

Brush 2x a day for 2 minutes * Floss every day



What is a cavity and how does it form?

A cavity is a small hole in a tooth. Plaque is a sticky, clear film that is constantly forming on your teeth. If you do not brush your teeth before you go to bed you will have a filmy layer and plaque on your teeth. In the morning your mouth may taste or smell bad. The *sugars* and the germs in plaque mix together to make acid. The sugar and *acids* in your mouth attack your teeth and can make cavities.

What can you do? Brush twice a day with a fluoride toothpaste. Fluoride prevents cavities by strengthening and protecting tooth enamel. Move the brush back and forth gently in short strokes. Brush the top, front, and back sides of each tooth. Use only a soft toothbrush. Eating nutritious food is the best way to keep your teeth and body healthy. **Stay away from soda pops & sport drinks**—they have a lot of sugar & acid. Only drink *100% fruit juice* and limit the amount you drink each day. Water is a great beverage choice, too! Healthy foods like bananas, carrots, milk, apples, and other fruits and vegetables are great for you!!!

Questions? -Please call us at 801-538-9177 or see <http://health.utah.gov/oralhealth/>

YOU CAN DO IT!!!

