Healthy teeth

Brush your teeth **2x** every day.

Brush your teeth in the morning and evening.

Brush your teeth with toothpaste for 2 minutes.

Mouthwash and dental floss also keeps gums healthy.

Visit the dentist

Its important to visit the dentist at least once a year.

The dentist will check your teeth and help with any problems.
Healthy eating

For healthy teeth, eat less sugar.

Sugar causes tooth decay.

Don't eat too many sugary foods like sweets and fizzy drinks.

Don't add sugar to tea or coffee.

Eat healthy snacks like nuts, fruit, hummus and rice cakes.

Drink plenty of water and milk.