

HOW TO PROTECT Your mouth

DID YOU KNOW FEELING YOUR BEST STARTS WITH A HEALTHY SMILE,
EVERY DAY, AT EVERY AGE?

Prevention and good habits help keep you healthy throughout life.

BRUSH YOUR TEETH TWICE A DAY



Use a **fluoride toothpaste**.



Brush all the sides and surfaces
of the teeth for **2 minutes**.



After brushing, spit **don't rinse**.



Clean **between the teeth**
at least once a day
(e.g., floss, interdental brushes).

STAY AWAY FROM SUGARY FOODS AND DRINKS



Limit sugar intake to no more than:

ADULTS
6 teaspoons per day.



CHILDREN
3 teaspoons per day.



Avoid sugary snacks
in-between meals.



Avoid sugary drinks.
Favour water.



Enjoy a healthy, **balanced diet**.

ENJOY A HEALTHY LIFESTYLE



Avoid tobacco
and harmful use
of alcohol.



Wear a mouthguard
for contact sports
and on bicycles.

VISIT YOUR DENTIST REGULARLY

A regular check-up
helps prevent oral
diseases and allows
any dental problems
to be identified
and treated early
to help keep your
mouth healthy.

