

Choose... Healthy foods!



- ✦ Unprocessed foods
- ✦ Limit snacks between meals

- ✦ Milk or juice with meals
- ✦ Limit sugar
- ✦ Water between meals



Choose... Healthy drinks!

Choose... Brushing your teeth!



- ✦ 2 mins 2x a day
- ✦ Use fluoride toothpaste
- ✦ Just a dot, not a lot!

image: Flaticon.com

Choose...

Questions?
Email us at HTHC@paaap.org

Oral Health!



Scan here for a fun video for kids!