

Choose...

**Healthy  
foods!**



Choose...

**Healthy  
drinks!**



Choose...

**Brushing  
your  
Teeth!**



image: Flaticon.com

Choose...

**Oral**



**Health!**

✨ **Eat unprocessed foods**

✨ **Limit snacks between meals**

✨ **Drink milk or juice with meals**

✨ **Limit sugar**

✨ **Drink water between meals**

✨ **Brush 2 mins 2x a day**

✨ **Use toothpaste with fluoride**

✨ **Just a dot, not a lot!**



**Scan here for a fun video for kids!**

**Questions?**  
Email us at [HTHC@paaap.org](mailto:HTHC@paaap.org)

 **Healthy Teeth  
Healthy Children**  
A Pennsylvania Medical Dental Partnership