














Healthy Habits with Family

When you work together as a team, making healthy habits becomes a whole lot easier! As a family, you can work together to keep everyone's smiles healthy and shining bright.






To keep our smiles healthy:

-  Brush your teeth with fluoride toothpaste 2 times per day for 2 minutes each time
-  Floss before you brush your teeth at night
-  Drink plenty of water instead of sodas, sports drinks, or juices
-  Other healthy drink options include milk and up to 4 ounces of 100% fruit juice per day
 -  No juice should be given in sippy cups or bottles
-  Limit amounts of juice in open cups
-  Eat healthy foods like fruits, vegetables, and whole grains
-  Limit sugary snacks or drinks that harm the enamel, or hard outer layer, of our teeth
-  Instead of brushing right after a meal or snack,

Some snack options that support a happy, healthy smile include:

-  Cheese
-  Yogurt
-  Almonds
-  Crunchy, watery fruits and vegetables like apples, pears, and cucumbers that help clean the teeth while you chew

Some snack options that stick to our teeth and can cause cavities include:

-  Fruit snacks
-  Crackers
-  Sticky or gummy candy
-  Soda pop
-  Some cereals



Children aged 2-18 are recommended to have less than 25 grams, or 6 teaspoons, of added sugar per day.



WATCH NOW: Lesson 4
[How and Why to Limit Sugar](#)

