

# 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" 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
  - juice No juice should be given in sippy cups or bottles
- cup Limit amounts of juice in open cups
- checkmark 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
- water Instead of brushing right after a meal or snack,

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

- 🧀 Cheese
- cup Yogurt
- 🥜 Almonds
- apple 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
- cracker Crackers
- gummy bear Sticky or gummy candy
- soda Soda pop
- ceral 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](#)

