




Visit [MouthHealthy.org/ToothTeam](http://MouthHealthy.org/ToothTeam) for more activity sheets.

**HEALTHY SMILE TIPS**



Brush your teeth twice a day with a fluoride toothpaste.



Clean between your teeth daily.



Eat a healthy diet that limits sugary beverages and snacks.



See your dentist regularly for prevention and treatment of oral disease.



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