

Healthy Eating = Healthy Smile

Eat Smart for Your Smile!

What you eat fuels your body and shapes your smile, too.

Avoid sticky foods that cling to teeth



Choose fresh fruits and vegetables to help naturally clean your teeth



Reduce soft drinks and acidic beverages



Include milk, cheese, and curd to strengthen teeth and enamel

Avoid frequent snacking between meals



Drink plenty of water to wash away food particles



Rinse your mouth with water after eating



Limit sugary foods and sweets to prevent cavities

**Healthy foods today.
Healthier smiles tomorrow.**