Are you nibbling at your own teeth?

Your teeth are endangered daily
- Nourishment and drinks are acidic (erosion)
- Oral bacteria turn the sugar in food into acids
- Constant eating or drinking dissolves tooth enamel

How to pamper your teeth
- Drink water when thirsty – avoid pops and juices
- Take your meals regularly – this keeps hunger and nibbling away
- Take a modest number of snacks between meals – this lessens acid attacks and gives your teeth a chance for self-defense
- Use xylitol – intervene in acid attacks

Once a day is not enough
- Brush your teeth twice a day with a soft toothbrush
- Help your teeth – use fluoride toothpaste in the morning and evening
- Floss or use a toothpick