



TOP TIPS FOR TEETH 3 KEY MESSAGES



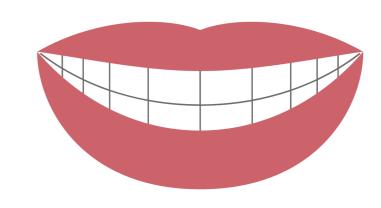
- Brush your teeth twice a day;
 before bed and at one other time
 - Use a fluoride toothpaste
 - Spit don't rinse



2 Cut down on how often you have sugary foods and drinks



Visit your dentist regularly, as often as recommended



Reference: dentalhealth.org

