

LIFETIME SMILES BEGIN EARLY



TIPS FOR HEALTHY TEETH 10 YEARS TO 21 YEARS

- * **Brush your teeth twice a day (after breakfast and before bed) with fluoridated toothpaste, and floss daily.**

- * **Eat well.** Eat healthy foods such as fruits, vegetables, grain products (especially whole grain) and dairy products (milk, cheese, cottage cheese and unsweetened yogurt) for meals and snacks. Limit eating between meals. Eat food containing sugar at mealtimes only and limit the amount of sweet foods you eat. Frequent consumption of foods high in sugar, such as candy, cookies, cake, sweetened beverages and fruit juice, increases your risk of tooth decay.

- * **Drink fluoridated water to prevent tooth decay.** If you drink bottled water, look for a brand to which fluoride is added at a concentration of 0.7 to 1.2 mg/L. Drink water or milk between meals rather than fruit drinks, soda pop, Gatorade, sports drinks or other sweetened beverages – they cause cavities.

- * **Schedule regular dental visits.** The schedule recommended by your dentist is based on your individual needs and susceptibility to disease.

- * **Ask your dentist if you need topical fluoride treatments.** Fluoride gel or varnish applied at dental visits can help prevent new cavities and help stop cavities that have already started.

- * **Ask your dentist about dental sealants.** Dental sealants are a thin plastic coating applied to the pits and fissures on the chewing surfaces of the teeth to prevent tooth decay.

- * **Protect your teeth from injury.** Wear a safety belt when riding or driving in a vehicle. Wear a helmet when riding a bicycle, all-terrain vehicle or motorcycle. Wear protective gear when participating in physical activities that could potentially result in injury to the mouth, such as biking, skateboarding, skating, or playing baseball, football or soccer. Avoid oral piercings.

- * **Avoid tobacco use.** Use of tobacco products increases your risk for gum disease and oral cancer.



For more information, contact:
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DEPARTMENT of HEALTH

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