

HEALTHY TEETH HABITS



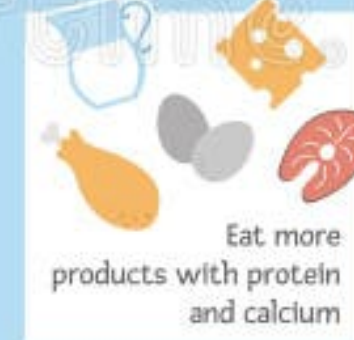
Brush your
teeth
regularly



Use floss each time
after brushing



Eat more
veggies, fruit,
and berries



Eat more
products with protein
and calcium



Rinse your mouth with
water after meal

