

Healthy Habits, Happy Smiles: Care for Your Teeth

Taking good care of your teeth protects them from cavities. Keeping your teeth healthy is an important part of staying healthy!

- Eat **less** sugary and sticky food, such as candy and other sweets. Avoid sugary drinks, such as soda and sports drinks.
- Eat **more** foods that contain nutrients that are good for your teeth, such as fruits, vegetables, nuts, and cheese.
- Drink water, which helps remove leftover food from your teeth. NYC tap water has fluoride, which helps prevent cavities.
- Brush your teeth twice per day, for two minutes each time. Floss every day.
- Go to the dentist every six months to make sure your teeth stay healthy.

