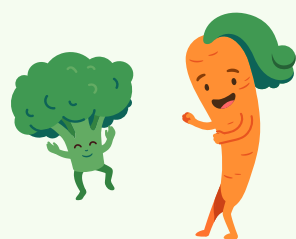


# Healthy Habits, Happy Smiles: Eat Right and Drink Well

Did you know what you eat and drink affects your teeth? Some foods can harm the health of your mouth by causing cavities.

## Good for Your Teeth



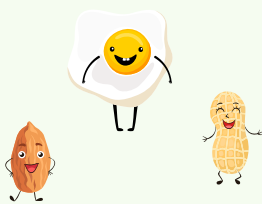
Fruits and vegetables (such as carrots, celery, and pears)



Dairy products (such as milk, cheese, and plain yogurt)



Water



Proteins (such as meats, eggs, and nuts)

## Not Good for Your Teeth



Sugary snacks (such as cookies, cereals, and chocolate)



Sugary drinks (such as soda, juice, and sports drinks)



Starchy foods (such as crackers, pretzels, and chips)



Sticky foods (such as candies and gummies)



To keep your teeth healthy, remember to:



**Be mindful.** If you choose to have a sweet treat **once in a while**, it is best to have it with a meal. **When** you eat is just as important as **what** you eat.



**Stay hydrated.** Practice healthy hydration. Drink water, which helps wash away leftover food that can cause cavities. NYC's tap water contains fluoride that prevent cavities when you drink it.



**Keep your teeth clean.** Brush your teeth twice per day with toothpaste that contains fluoride, floss daily, and visit your dentist regularly!

