

# WHY IS IT SO IMPORTANT TO TAKE CARE OF OUR TEETH?

As humans, we get two sets of teeth. Our first set of teeth are our baby teeth. We are meant to have 20 baby teeth. These teeth will begin to erupt in our mouths at about 6 months of age. Some of these baby teeth will be with us for about 5-6 years, whereas others can be present for up to 12 years. Because cavities can form even on baby teeth, it is very important to take care of them. Once all of our 20 baby (or primary) teeth exfoliate, new permanent teeth will begin to erupt in their place. In addition to the 20 spots we originally had baby teeth, our jaws will grow as we grow up, making room for 12 more adult teeth! These 32 teeth are the teeth that will stay with us throughout our entire adult life!



## BRUSH FLOSS SWISH

**BRUSH:** Everyone should brush their teeth for 2 minutes, twice a day, using a smear of toothpaste (but just a pea size for ages 3 or younger).

**FLOSS:** Floss at least once a day to get the food and germs out that stick in between your teeth

**RINSE:** If you aren't able to brush after eating, drinking or rinsing with water is the next best thing! At night, use a fluoridated rinse before bed. Be sure not to rinse with water after using a fluoridated mouth rinse.



**HAPPY FOOD,  
HAPPY TEETH!**

**HOW TO KEEP YOUR  
TEETH HAPPY AND  
CLEAN!**

Eftyhia Argyros . Danielle Benko  
Eric Masanque . Sandy Manjarrez

# GOOD FOODS

**Water:** Water is the top ingredient in saliva and is important for rinsing away

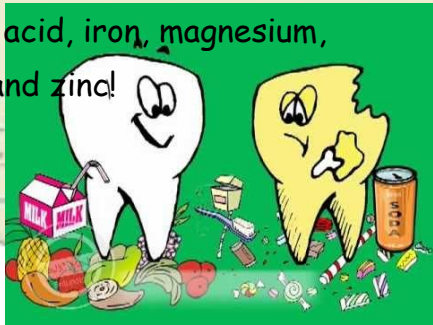
sugar and food that can otherwise remain on the teeth after

consumption. Here in New York, our tap water is fluoridated, which also works to prevent tooth decay and strengthen enamel

**High Fiber Fruits & Veggies:** These foods can scrub away debris and stimulate saliva flow. Saliva neutralizes tooth damaging acids and also contains calcium which helps rebuild minerals.

**Dairy:** Dairy supplies calcium, phosphates, and Vitamin D

**Nuts:** Nuts provide vitamins and minerals such as calcium, Vitamin D, fiber, folic acid, iron, magnesium, potassium and zinc!



# BAD FOODS

**Carbonated Drinks:** Soda and sugary drinks add unnecessary sugar to the diet. These drinks contain tooth-damaging acids. Beware of sodas and iced teas that contain flavor-enhancing acids that can erode tooth enamel.

**Sticky Sweets:** Not only is it the sugar in caramel and other gooey sweets that are bad for teeth, but these teeth can be exposed to sugar for longer periods of time due to its sticky consistency. Hard candies and lollipops are also bad, as they stay in the mouth for a long period of time.

**Dried Fruit:** Don't be fooled! Fruits like raisins are similar to caramels, in that they cling to teeth as much as gooey candy. Fruit is also packed with non-soluble cellulose fiber which adheres to the tooth surface.

**High Acid Foods and Drinks:** Packed with powerful citric acid, tooth enamel is at risk. When consuming lemons, grapefruits or oranges, rinse afterwards

## VERSUS

## HOW MUCH SUGAR ARE YOU CONSUMING?

### SOUR PATCH KIDS

1 BAG = 130g = 32.5 TSPNS

### COCA-COLA

1 BOTTLE = 39g = 10 TSPNS

### GUSHERS

1 BOX = 72g = 18 TSPNS



### KIND BAR

1 BAR = 11g = 3 TSPNS

### GATORADE

1 BOTTLE = 52.5g = 14 TSPNS