

# How to keep your teeth HEALTHY



## 1 Drink well

Drink tap water, it is safe and protects your teeth.



Everyday drinks: tap water, plain milk and soy milk with calcium.



Limit sometimes drinks: fruit juice, soft drinks, cordials, sports drinks, fizzy drinks, energy drinks, flavoured water, flavoured iced teas and flavoured milk.

## 2 Eat well

to keep your teeth healthy.



Everyday foods: fruit, vegetables, grains, breads and cereals, cheese and yoghurt and lean meats, chicken, fish, lentils, beans, tofu, eggs, nuts and seeds.



Limit sometimes food: muesli bars, cakes, donuts, sweet biscuits, ice cream, chocolates, lollies, honey and jam.

## 3 Clean well

Brush your teeth morning and night.



- ✓ Brush teeth with a small, soft toothbrush as soon as they appear.
- ✓ From 18 months, use a small (pea-sized) amount of low fluoride toothpaste.
- ✓ Spit out toothpaste after brushing.
- ✗ Don't swallow or eat the toothpaste.

## 4 Stay well



children need a dental check-up by their second birthday.

Tooth decay can start as soon as teeth appear. Don't wait until there is a problem.

Your child may be eligible for free public oral health care. Find out more by visiting: [www.health.qld.gov.au/oralhealth](http://www.health.qld.gov.au/oralhealth)

