

You Don't Need Sugar to be Sweet

Sugary treats may taste great for a few seconds, but they can cause damage to your teeth that lasts forever. By avoiding sugar, and by brushing and flossing right after meals and snacks, you can help prevent cavities from ever starting in the first place.



Quick Tips for Sugar-Smart Snacking

- Choose healthy treats like nuts, raw vegetables or low-fat yogurt.
- Whole fruit has some sugar but also contains vitamins, minerals, fiber and anti-oxidants that support a strong body and teeth.
- Chew sugar-free gum after snacks to reduce the acids that cause cavities.



Take advantage of numerous free resources for improving your oral health at deltadentalmn.org/oral-health.

What's Your Score?

Is your oral health at risk? Take a quick online assessment that you can share with your dentist to help identify risk indicators and make a plan for protecting your smile.

Take the Online Assessment