



## SUGAR-FREE SMILES LAST LONGER

Sugary treats may taste great for a few seconds, but they can cause cavities that last 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. Soda pop, candies, cakes, cookies, pies and even fruit drinks can all feed the sticky plaque on your teeth and gums that lead to disease.

# Quick Tips for Sugar-Smart Snacking:

- Choose healthy treats like nuts, raw vegetables or even low-fat yogurt.
- Fruit is naturally sweet and contains vitamins that support a strong body and teeth.
- Choose water over fruit juice, sport or energy drinks when you are thirsty.
- Chew sugar-free gum after snacks to reduce the acids that cause cavities.

## You Don't Need Sugar to be Sweet

- Eat a balanced diet with plenty of fruits, vegetables, whole grains and low-fat dairy products. Keep the foods high in sugar or starch to a minimum, and drink plenty of water every day.
- Brush gently at least twice a day, with special attention to the gum line. Use a soft-bristled toothbrush and fluoride toothpaste.
- Floss at least once a day, but be gentle with your gums and don't force the floss between your teeth.
- Don't forget to brush your tongue—it cleans and refreshes your mouth and removes bacteria.
- Visit your dentist or dental hygienist regularly for professional cleanings and oral exams.

LifeSmile from Delta Dental can help you prevent disease and keep you on the path toward a healthier, happier life. For more tips, tools and resources to help you improve and maintain your oral wellness and overall health throughout the year, make sure to bookmark [deltadentalmn.org/oral-health](http://deltadentalmn.org/oral-health).

