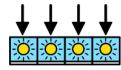


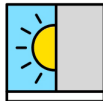
Healthy teeth



2x



Brush your teeth twice every day.



+



Brush your teeth in the morning and evening.



Brush your teeth with toothpaste for 2 minutes.



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Mouthwash and dental floss also keep gums healthy.



Visit the dentist



1x



Its important to visit the dentist at least once a year.



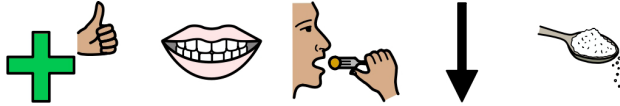
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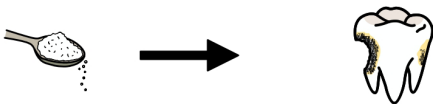
The dentist will check your teeth and help with any problems.



Healthy eating



For healthy teeth, eat less sugar.



Sugar causes tooth decay.



Don't eat too many sugary foods like sweets and fizzy drinks.



Don't add sugar to tea or coffee.



Eat healthy snacks like nuts, fruit, hummus and rice cakes.



Drink plenty of water and milk.