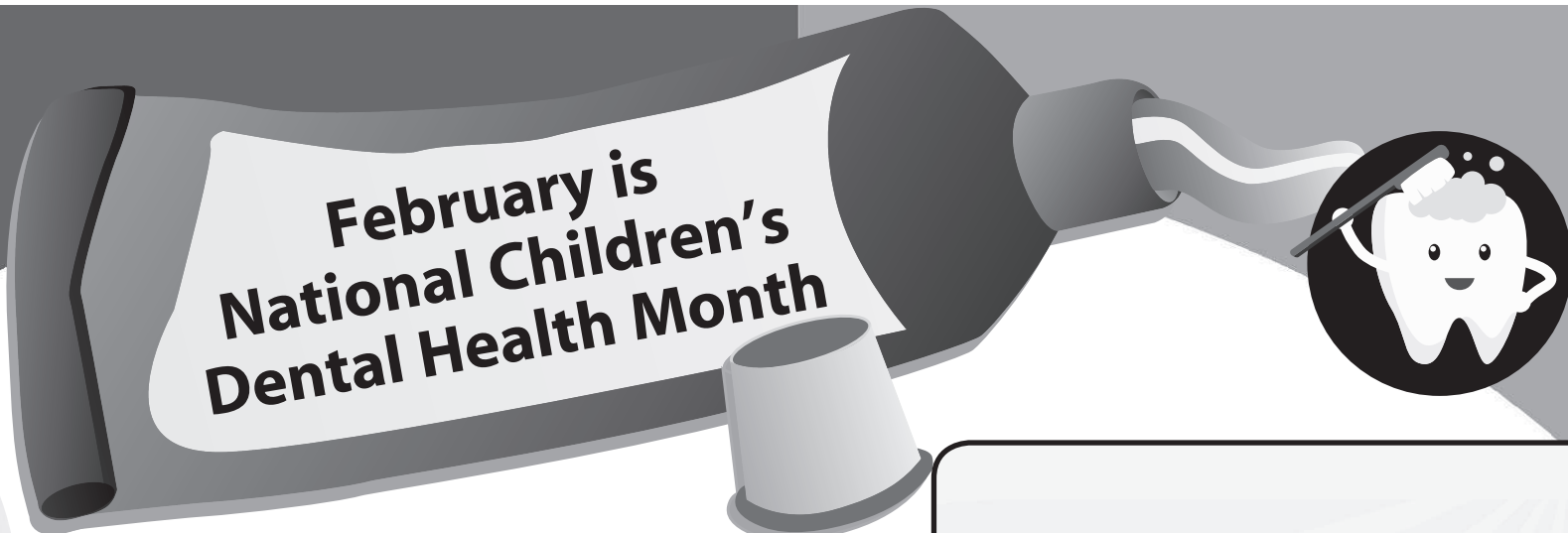


SELFIES WELCOME!



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The tooth,
the whole tooth and
nothing but the tooth

Who's the top-grossing actor in kids' tooth decay stories? Sugar. And in February 2016, during National Children's Dental Health Month, the American Dental Association is bringing "Sugar Wars" to a dentist's office near you.

Your child's dental hygiene isn't only about brushing and flossing. The best way to prevent tooth decay and the costly dental cavities that result is to tackle the problem where it starts: eating sugary foods.

Everyone likes a treat now and then, but when you and your kids do indulge, it's extra important to remember a couple of things.


- Don't eat candies or sugary foods throughout the day; the bacteria that cause decay feed on sugar, so it's important to give your mouth a break.

- Brush your teeth with a dentist-recommended toothpaste after you've eaten a sugary snack or dessert. This does two things: it removes any stuck food particles from the teeth and gums, and it helps the saliva return to a normal pH level that doesn't favor tooth decay.

Generally, it's best to avoid eating sugary foods every day for your dental health and overall health. Opt for desserts that feature fresh or frozen fruits, nuts and low-sugar recipes. At snack time, choose fresh fruit or vegetables, nuts, cheese, whole-grain products or other low-sugar foods that don't easily get stuck in the teeth. Plan an attack on sugary sodas, fruit drinks pastries and candies.

Teaching your kids good dental habits is the best way to fight the Sugar Wars. Remind them to brush at least twice a day (once before going to bed), rinse after snacking, floss daily and choose low-sugar snacks.

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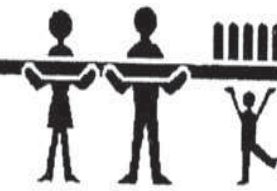


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