B	I	N	G	O
use dental floss	avoid clenching your teeth	brush teeth in the morning	gently brush your gums	don't smoke
beware of acidic foods	use a soft toothbrush	eat calcium rich foods	avoid drinks that stain your teeth	eat foods rich in vitamin A such as sweet potatoes and carrots
rinse with mouthwash	use fluoride	**FREE**	avoid sugary drinks	chew xylitol gum
don't bite or chew non-food objects	get plenty of vitamin D	don't chew tobacco	brush your tongue	drink water
brush your teeth properly	avoid sugary snacks	eat foods rich in phosphorus	visit the dentist at lease once a year	brush teeth before bed

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B	I	N	G	O
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brush teeth in the morning	visit the dentist at lease once a year	don't smoke	avoid sugary snacks	eat foods rich in vitamin A such as sweet potatoes and carrots
don't bite or chew non-food objects	avoid sugary drinks	**FREE**	chew xylitol gum	avoid clenching your teeth
brush your tongue	eat foods rich in phosphorus	use dental floss	brush teeth before bed	get plenty of vitamin D
don't chew tobacco	drink water	rinse with mouthwash	use a soft toothbrush	brush your teeth properly

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