

| <b>B</b>                            | <b>I</b>                   | <b>N</b>                     | <b>G</b>                               | <b>O</b>                                                       |
|-------------------------------------|----------------------------|------------------------------|----------------------------------------|----------------------------------------------------------------|
| 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               | <b>FREE</b>                  | 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 least once a year | brush teeth before bed                                         |

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

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