

# Brush your teeth twice a day

## SPIT don't RINSE:

After brushing spit out the toothpaste but do not rinse out with water or mouthwash.

And don't forget to brush your teeth last thing before you go to bed at night.

## **Foods that are bad for your Teeth**

Sweets

Chocolate

Biscuits

Fizzy drinks

Squash

Fruit Juice and Smoothies

Sticky crisps (wotsits)

## **Good Snacks**

Fruit and Salad

Apples

Bananas

Grapes

Carrot sticks

Pitta Bread and hummus

Rice cakes

Nuts and Seeds

crackers and Cheese

Potato Crisps

Drink water or milk between meals