

Protect Your Smile!

February is National Children's Dental Health Month!

Prevent cavities and tooth decay by brushing your teeth twice a day and avoiding sugary foods and drinks!

How much sugar are you drinking?



Drink	Size (oz.)	Sugar (g.)	Sugar (tsp.)
Coca-Cola	20	65	15
Minute Maid 100% Apple Juice	15.2	49	11
Kiwi Strawberry Snapple	16	45	10
Water	Any size	0	0

The American Heart Association recommends children consume less than **25 grams** or **6 teaspoons** of added sugar daily.

Cut back on sugary drinks!

- Gradually reduce the sugary drinks you buy at the store and consume each day
- Do not replace one sugary drink with another

Drink more water!

- Bring a water bottle around with you all day
- Add fruit to naturally flavor water
- Keep cold water in the fridge

Resources:

<https://www.letsgo.org>

<http://www.ada.org/en/public-programs/national-childrens-dental-health-month>

<https://newsroom.heart.org/news/children-should-eat-less-than-25-grams-of-added-sugars-daily>