

## EAT WELL

### It's important to eat a variety of healthy foods.

- Choose fresh foods instead of processed foods.
- Limit sugary foods and sweets.

### Choose everyday foods:

- Fruit (fresh or frozen)
- Vegetables (raw, steamed and grilled)
- Grains, breads and cereals
- Cheese or plain yoghurt
- Lean meat, chicken, fish, lentils, baked beans, tofu and eggs



Dairy products help prevent tooth decay.

### Limit sometimes foods:

- Muesli, fruit and snack bars made from breakfast cereals
- Sweet biscuits, cakes and doughnuts
- Chocolates, lollies and lollipops
- High sugar spreads - honey, hazelnut and jam
- Ice cream and dairy desserts
- Dried fruit



Food and drinks containing sugar can lead to tooth decay and should be limited, especially between meals.

## FREE DENTAL



### Want to know more?

Visit the Smile Squad website at [www.smilesquad.vic.gov.au](http://www.smilesquad.vic.gov.au)



Eat well  
Drink well  
Clean well



## DRINK WELL

### Healthy drinks are important for healthy teeth.

- Drink plenty of tap water.
- Eat fresh fruit instead of drinking fruit juice.
- Plain milk is better than flavoured milk.

### Choose everyday drinks:

- Water
- Plain milk
- Soy milk with calcium



### Fluoride:

- Helps protect teeth against decay.
- Most Victorian households have fluoride in their tap water.

### Limit sometimes drinks:

- All fruit juices
- Soft drinks (including diet)
- Cordials
- Sports drinks
- Fizzy (carbonated) drinks
- Energy drinks
- Flavoured water
- Flavoured milk and yoghurt drinks



## CLEAN WELL

### Brushing for two minutes, twice a day will help to keep decay away.

- Everybody should brush their teeth twice a day; after breakfast and before bed.
- Younger children (under eight years) may still need an adult to help them brush their teeth.

For more information, please visit [www.dhsv.org.au](http://www.dhsv.org.au).

### How to brush



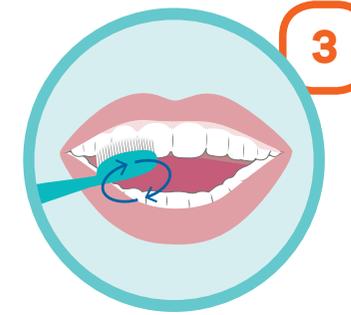
1

Brush in the morning and at night before going to bed.



2

Use a pea-sized amount of fluoride toothpaste on a soft toothbrush.



3

Brush teeth and along the gum moving in gentle circles.

Start with the outside surfaces.



4

Repeat on the inside surfaces.



5

Use a light back and forth motion on the chewing surfaces.

Spit out toothpaste, but don't rinse with water.

Be sure to brush all surfaces: top and bottom, left and right, front and back.