Do you sip sugary drinks or snack all day?

If you do, you are at risk of higher amounts of tooth decay!
Lower your risk of tooth decay:

- Limit snacks between meals.
- Choose foods like plain yogurt or nuts.
- Drink water after snacking.
- Chew sugarfree gum.
- Brush your teeth twice a day.
- Floss at least once a day.
- Have a dental check-up every six months.

Drinking fluoridated water can help prevent cavities.

Learn more about the risk of snacking and sipping at:

MouthHealthy.org
choosemyplate.gov
health.mo.gov/living/families/oralhealth/

Office of Dental Health
(573) 751-5874
oralhealth@health.mo.gov

An EO/AA employer: Services provided on a nondiscriminatory basis. Individuals who are deaf, hard-of-hearing, or have a speech disability can dial 711 or 1-800-735-2966.

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