

# 5 Tips to keep your smile healthy



Brush your teeth twice a day  
for 2 minutes

Remember to use a fluoride toothpaste!

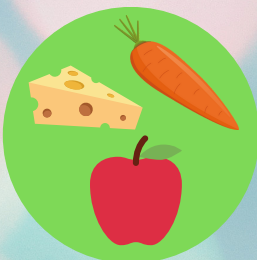


Spit, don't rinse after brushing



Avoid fizzy, energy drinks and  
juice

Drink water and milk



Eat a range of healthy foods

Limit sugary foods. Avoid snacking  
throughout the day



**FREE dental care for under 18s**

Dental care is free until you turn 18.  
Visit the dental clinic at least once per year

Find your closest FREE dentist at: <https://tinyurl.com/2wv6s73u>

OR

Phone: 0800 TALK TEETH