

MY HEALTHY SMILE: if you don't have a toothbrush handy

Now and then, you might eat sweets at a friend's house or at a party.

Here are some ways to protect your teeth from the sugar :



Good

End the meal with a piece of cheese.

Better

Eat a crunchy fruit or vegetable.



Best

Rinse your mouth vigorously with water to flush out any bits of food.



Remember that brushing your teeth is still the best option.

