

# MY HEALTHY SMILE : water, the drink of choice

The human body is  
60% water!



Water is the best drink for keeping your child's teeth and body healthy.

It cleans the mouth by flushing out food debris and reducing the acidity produced by bacteria.

## Some advice

Give thirsty little ones as much water as they want.

Serve water, milk or vegetable juice with meals or snacks.

Limit sugary drinks.



## Tips

Add fruits, vegetables or herbs to your water (pineapple, cucumber, honeydew melon, strawberries, peaches, raspberries, mint, etc.).

Limit citrus fruits (lemon, lime, orange, grapefruit) because they are more acidic and can damage teeth.

