



A healthy mouth is an important part of a healthy body

**96% OF ADULTS
HAVE CAVITIES**



Snacking can contribute to tooth decay



Avoid sweetened and unsweetened drinks, juices and chewy, sticky foods

**73% OF CANADIANS
BRUSH TWICE A DAY**



Make sure to brush for at least 2 minutes



Follow the contours of your teeth to cover every surface

**28% FLOSS AT LEAST
5 TIMES PER WEEK**



If you don't floss, you are missing 1/3 of your teeth



As soon as children have teeth that touch, they should be flossing too

5 Steps to a Healthy Mouth

1. Keep your mouth clean

Use a soft-bristle toothbrush and fluoride toothpaste.



Wait at least 20–30 minutes after eating before brushing your teeth.

Brush and floss every day.

2. Check your mouth regularly

Look for changes in your mouth such as bleeding, sores, patches, numbness, lumps or constant bad breath.



3. Eat well

Good nutrition helps build strong teeth and gums.



4. See your dentist regularly



Regular dental exams and professional cleanings are the best way to prevent and detect problems before they get worse.

5. Don't smoke or chew tobacco

Smoking and chewing tobacco can cause oral cancer, heart disease, gum disease, and a variety of other cancers.



Unsure which product claims are genuine?

**LOOK FOR
THE SEAL**



Visiting the dentist regularly is the best way to catch any dental issues early!

