

MAKING HEALTHY CHOICES



Healthy Mouth
Healthy You

Daily choices impact both oral and physical health, including:

- Proper dental care (brushing and flossing)
- Regular dental and medical check ups
- Balanced choices

Balance plays an important role in your oral health

By making balanced decisions, you are able to focus on the impact that your choices have on oral health

Daily choices impact oral health and overall health

- Limit sticky foods like candy
- Drink fluoridated water each day
- Choose a diet of balanced food choices from the food pyramid
- Maintain optimal oral health by brushing and flossing teeth each day

By focusing on how much you consume and balancing your intake choices, you can create healthy oral habits

USDA's My Plate

