



Proper nutrition means eating a well-balanced diet so that your body can get the nutrients needed for good health and wellness. If your diet is low in the nutrients your body needs, you may be less able to respond to challenges. This could contribute to increased risk for gum disease. It is also important to remember that dietary choices can impact on tooth decay and enamel health.

WHAT FOODS SHOULD I AVOID FOR A HEALTHY MOUTH?

Foods that contain sugars of any kind can contribute to tooth decay. Foods high in carbohydrates, sugars and starches greatly contribute to the production of plaque acids that cause tooth decay. Making sugary foods a treat rather than a staple will help protect your teeth. And, it's always best to eat a sugary food with a meal, rather than by itself.

Foods to avoid over-consuming include the following:

- Sugary foods
- Sticky sweets

WHAT ARE SOME NUTRITIOUS FOODS FOR MY TEETH AND GUMS?

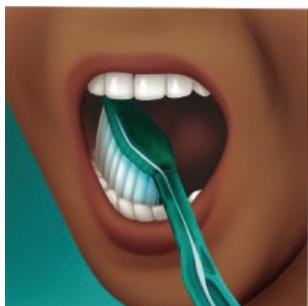
Instead of a sugary snack, consider:

- Cheese
- Carrots
- Apples
- Leafy greens
- Yogurt
- Celery
- Almonds

THE RIGHT WAY TO BRUSH



Clean the outer surfaces of your upper teeth, then your lower teeth by brushing away from the gumline

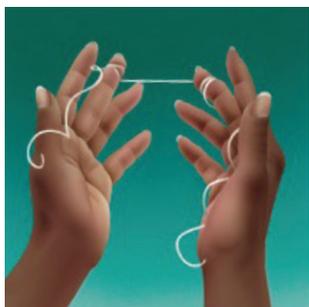


Clean the inside and chewing surfaces of your upper teeth, then your lower teeth using short back-and-forth strokes



Gently brush your tongue to remove bacteria and freshen breath

THE RIGHT WAY TO FLOSS



Use about 18 inches of floss, wrap around middle fingers, leaving an inch or 2 to work with



Holding floss taut, gently slide up and down between your teeth



Follow the curve of each tooth, making sure to go beneath the gumline, but never snapping the floss against the gums

FOR A BEAUTIFUL SMILE, KEEP ON BRUSHING.

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COLGATE® SENSITIVE WHITENING



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