

# *Healthy Mouth Healthy Body*

*Making Healthy Choices for Life*



## *Ask your dentist*

*To help you make healthy choices today!*

[www.health.maryland.gov/oral-health](http://www.health.maryland.gov/oral-health)

# *Children deserve to be healthy and happy.*

Learning to make healthy choices during childhood is essential for a good start in life. Dental team members can help parents and children choose healthy behaviors to build healthy mouths and bodies for a lifetime.

## ***Start making healthy choices today!***

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### **✔ Eat healthy**

Prepare nutritious meals. Eliminate high calorie temptations. Eat healthy snacks. Cut down on sugar. High sugar means high calorie.

### **✔ Be active**

Be active for 60 minutes every day. Families can be active together. Run, walk, play, ride, dance — make activity fun!

### **✔ Limit screen time**

Screen time is sedentary time. Limit phone, TV, gaming, computer, and other screen time to one or two hours a day. Choose activities with friends or family instead.

### **✔ Drink water**

Eliminate sugary beverages. Make tap water your beverage of choice. Most tap water in Maryland contains fluoride, which prevents cavities.

### **✔ Brush teeth**

Brush twice a day. Brush with a toothpaste that contains fluoride. Fluoride strengthens teeth and prevents cavities. Floss daily.

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Brought to you by the Maryland Department of Health Office of Oral Health.

