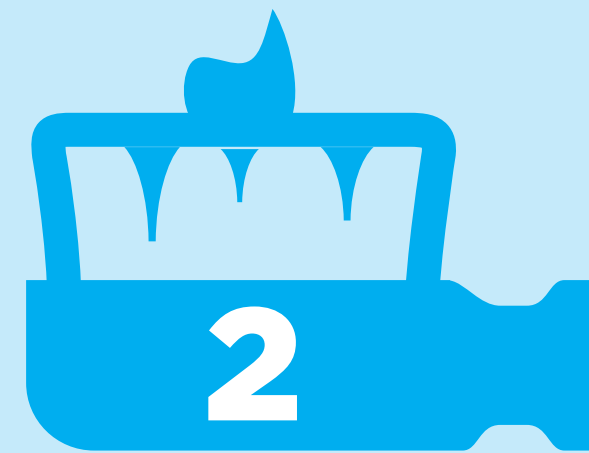


# FLUORIDE: CAVITY FIGHTER

Children can maintain good oral health in 4 ways:



Drink water that has fluoride



Brush twice a day with the right amount of fluoridated toothpaste



Eat a healthy diet, limiting sweet drinks, sticky candies, and snacks



Talk to your dentist or doctor about fluoride treatments

CAMPAIGN FOR  
**DENTAL HEALTH**  
life is better **WITH TEETH**

[ILikeMyTeeth.org](http://ILikeMyTeeth.org)

Fluoride is an important mineral for all children. Talk to your doctor or dentist to learn more.



American Academy  
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

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