We all have germs in our mouths, which, when in contact with food, produce an acid that is the cause of cavities.

The faster the acid is removed from your teeth, the less likely you are to get cavities.

WHAT FOODS TO AVOID
Avoid eating foods with a high amount of sugar or chewy, as these will remain on your teeth for a long time.

DRINK MORE WATER
- Drink plain water throughout the day.
- Water helps your saliva remove sugar from your teeth.
- Tap water contains fluoride, a natural mineral that helps prevent cavities.

REMEMBER TO BRUSH YOUR TEETH
- Brush your teeth from each angle at least 2 times a day for 2 minutes.
- Floss once a Day.
- Don't go to sleep without brushing your teeth.

MAKE A VISIT THE DENTIST
- First visit, first birthday
- Annual check-ups to detect early cavities and strengthen teeth.

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