

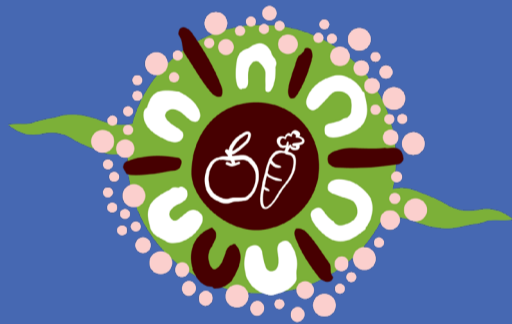
4 tips

for **healthy** teeth and a **deadly** smile



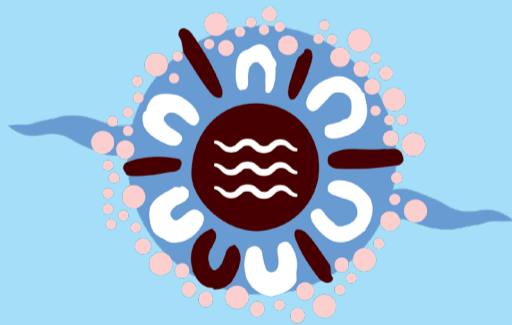
1. Keep your teeth clean

Brush your teeth, gums and tongue with fluoride toothpaste every morning and every night.



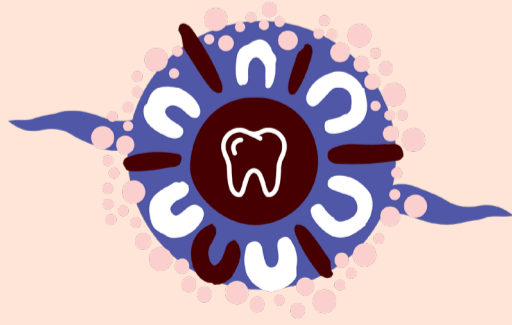
2. Eat Healthy

Eating healthy foods, such as fruit and veggies, and less packaged foods, will keep your teeth strong and looking deadly.



3. Drink water

Drinks that are high in sugar, like juice and soft drinks, are bad for your teeth. So, the next time you're thirsty, choose water!



4. Have regular dental checks

Getting all your mob's teeth checked regularly by a dentist will help keep their teeth healthy and stop small problems becoming bigger problems later.



For more information or to find a local dentist clinic visit health.nsw.gov.au/oralhealth



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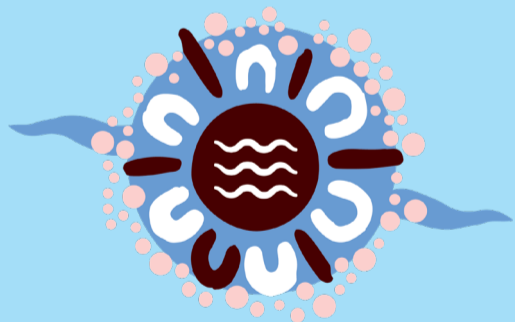
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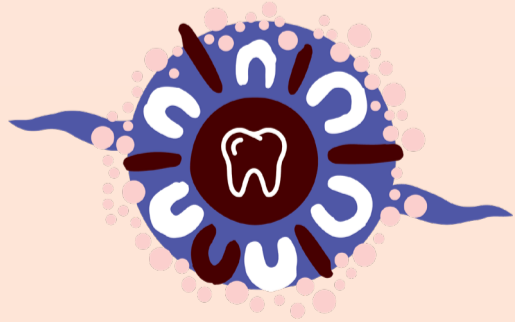
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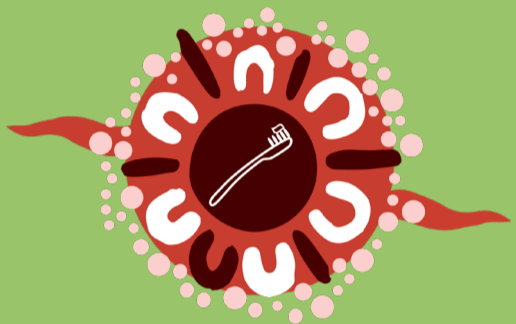


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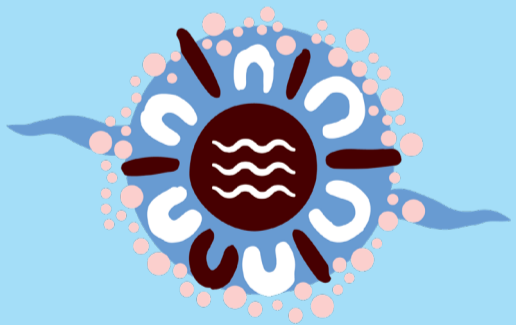
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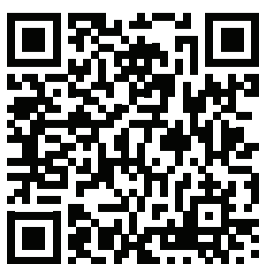
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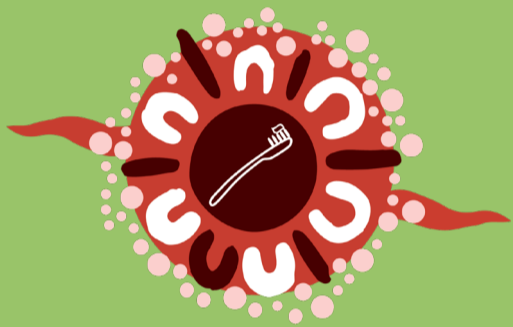
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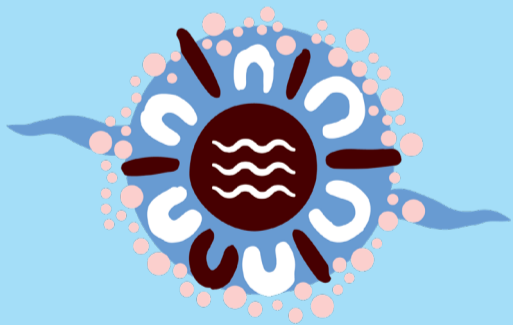
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