

# Keeping teeth healthy



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



**Eat more fruit and vegetables every day**

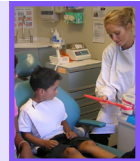
Have regular meals and less snacks during the day



**Choose tap water as your main drink**



**Have dental check-ups and see a dentist if you have any sore teeth or bleeding gums**



For more multilingual health information visit [www.mhcs.health.nsw.gov.au](http://www.mhcs.health.nsw.gov.au)

If you require assistance with contacting services or translation, please call Translating and Interpreting Service (TIS) on 13 14 50.



Scan for more dental information