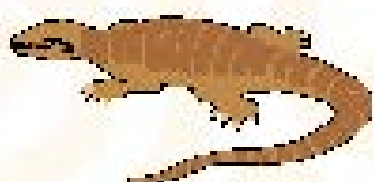


Everyday foods



seafood



goanna



yoghurt



cheese



chicken



kangaroo



milk



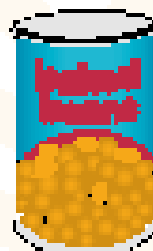
water



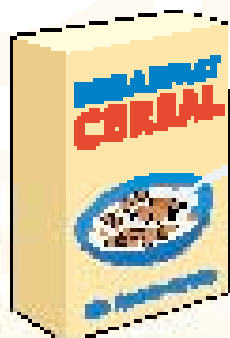
eggs



bread



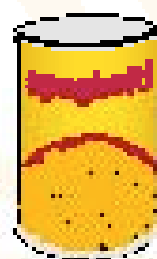
baked beans



oats/ cereal



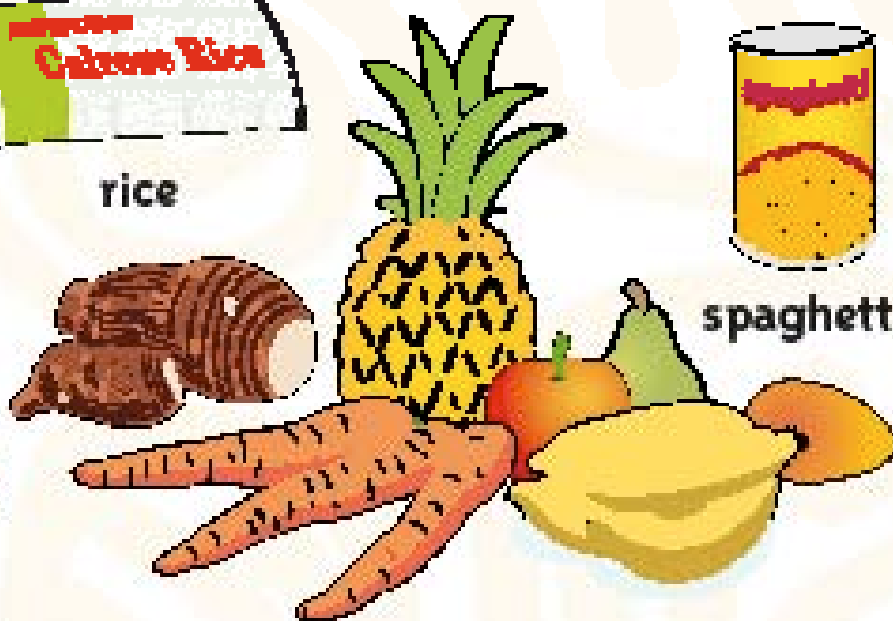
rice



spaghetti



frozen vegetables



fruit and vegetables

Sometimes foods

Eat only in small amounts – not every day.
These foods cause holes in your teeth.



ice cream



cake



chips



chocolate



cola



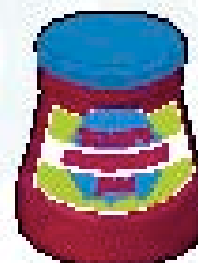
cordial



biscuits



fruit juice



jam



sports drink



sweets

A visit to the dentist

Your dentist or dental therapist can help you to keep your teeth strong. You should get your teeth checked once a year. Pick a time to remember, like when school starts each year.



If you have a toothache – visit the dentist or see your health worker straight away.

Keeping teeth healthy

To stop your teeth from getting holes:

DO NOT

- do not eat sugary, sticky foods every day
- do not drink juice, cordial or soft drink every day.



To build strong teeth:

DO

- eat healthy foods every day
- drink water and milk regularly
- brush your teeth with fluoride toothpaste daily
- visit your dental clinic at least once a year.