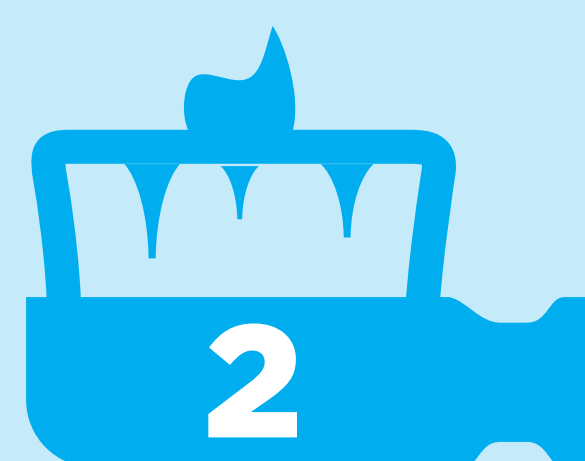


# FLUORIDE: CAVITY FIGHTER

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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