



© 2019 AMERICAN DENTAL ASSOCIATION ALL RIGHTS RESERVED.

Celebrating 75 years of water fluoridation. Visit [ADA.org/FromTheTap](https://ada.org/FromTheTap) for more activity sheets.

HEALTHY SMILE TIPS

- Brush your teeth twice a day with a fluoride toothpaste.
- Clean between your teeth daily.
- Eat a healthy diet that limits sugary beverages and snacks.
- See your dentist regularly for prevention and treatment of oral disease.

SPONSORS

American Academy of
Pediatric Dentistry

ADA American
Dental
Association®

