

Fluoride in water

prevents cavities!



© 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®



DENTAL TRADE ALLIANCE