

TIPS TO KEEP YOUR FAMILY'S TEETH HEALTHY THIS SUMMER

Summer sun brings summer fun! While warm months are perfect for spending time together and relaxing with friends and family, it is not the time to take a break from good oral health habits. You can still indulge in summertime treats, but there are still ways to maintain your oral dental health. For instance:

- Pack healthy snacks for those vacation days. Choose tooth friendly foods, such as apples slices and carrots to bring with you to snack on.
- Create a summer routine for your teeth. Brush twice a day, morning and night, and be sure to floss daily.
- Rinse with water. Even when you are on the go this summer, it may be tough to stay on top of your daily dental routine. It also may be difficult to brush and floss after each meal and snack, so be sure to have some water handy to drink after you eat. Water is not as beneficial as brushing, but it can help rinse away harmful sugars when brushing is not possible.
- Limit sweet drinks. Icy cold lemonade, sweetened iced tea, soda and sports drinks may be tempting to drink on hot summer days and can still be consumed in moderation. However, be sure you limit yourself since these drinks are sugary and tend to be acidic, which can lead to the erosion of your tooth enamel and ultimately lead to tooth decay. Water is always the best option.
- Look for low-sugar and sugar-free options. A lot of summer snacks and treats are loaded with sugar. Ice cream cones, popsicles, and even ketchup and barbeque sauce are sugary and can contribute to cavities.

Have a healthy and safe summer!

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