A great selfie is all about having a sparkling smile. Teens, get your smile ready by making the right choices to keep your smile healthy and bright.

**KEEP IT CLEAN**
- Brush twice a day with a fluoride toothpaste.
- Floss daily.
- Rinse mouthguards frequently.
- Clean retainers or other dental appliances regularly.
- See the dentist for cleanings and checkups twice a year.

**PLAY IT SAFE**
- Use mouthguards during contact sports.
- Avoid oral piercings.
- Don’t smoke or use other tobacco products.
EAT RIGHT

<table>
<thead>
<tr>
<th>Good</th>
<th>Not so good</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh fruits</td>
<td>Sweets</td>
</tr>
<tr>
<td>Vegetables</td>
<td>High-carb foods</td>
</tr>
<tr>
<td>Milk</td>
<td>Sugary drinks</td>
</tr>
<tr>
<td>Nuts</td>
<td></td>
</tr>
<tr>
<td>Low-fat cheese</td>
<td></td>
</tr>
</tbody>
</table>

KNOW THE RISKS OF A POOR DIET

- Premature tooth loss
- Loss of tooth enamel
- Weakened teeth
- Tooth discoloration
- Cavities
- Gum disease

LIFE HACKS FOR A CLEAN MOUTH

- Keep a travel-sized toothbrush in lockers, backpacks and gym bags so it’s easy to brush after meals and snacks.
- Rinse your mouth with water when you can’t brush and floss after sweet treats.
- Chew sugarless gum with xylitol (a natural sweetener) after meals and snacks to cleanse the mouth and prevent cavities.
- Drink lots of water!
- Boost calcium intake and retention:
  - Eat more green leafy vegetables and low-fat dairy products.
  - Take calcium supplements (girls: 1,300 mg; boys: 800 mg).
  - Add vitamin D by eating salmon, tuna and vitamin D-fortified milk or juice.
  - Add weights to your exercise routine.
  - Drink fewer energy drinks and less caffeine.

DID YOU KNOW?

Only 19% of girls ages 9 to 19 are getting the recommended dietary allowance (1,300 mg) of calcium a day.¹

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