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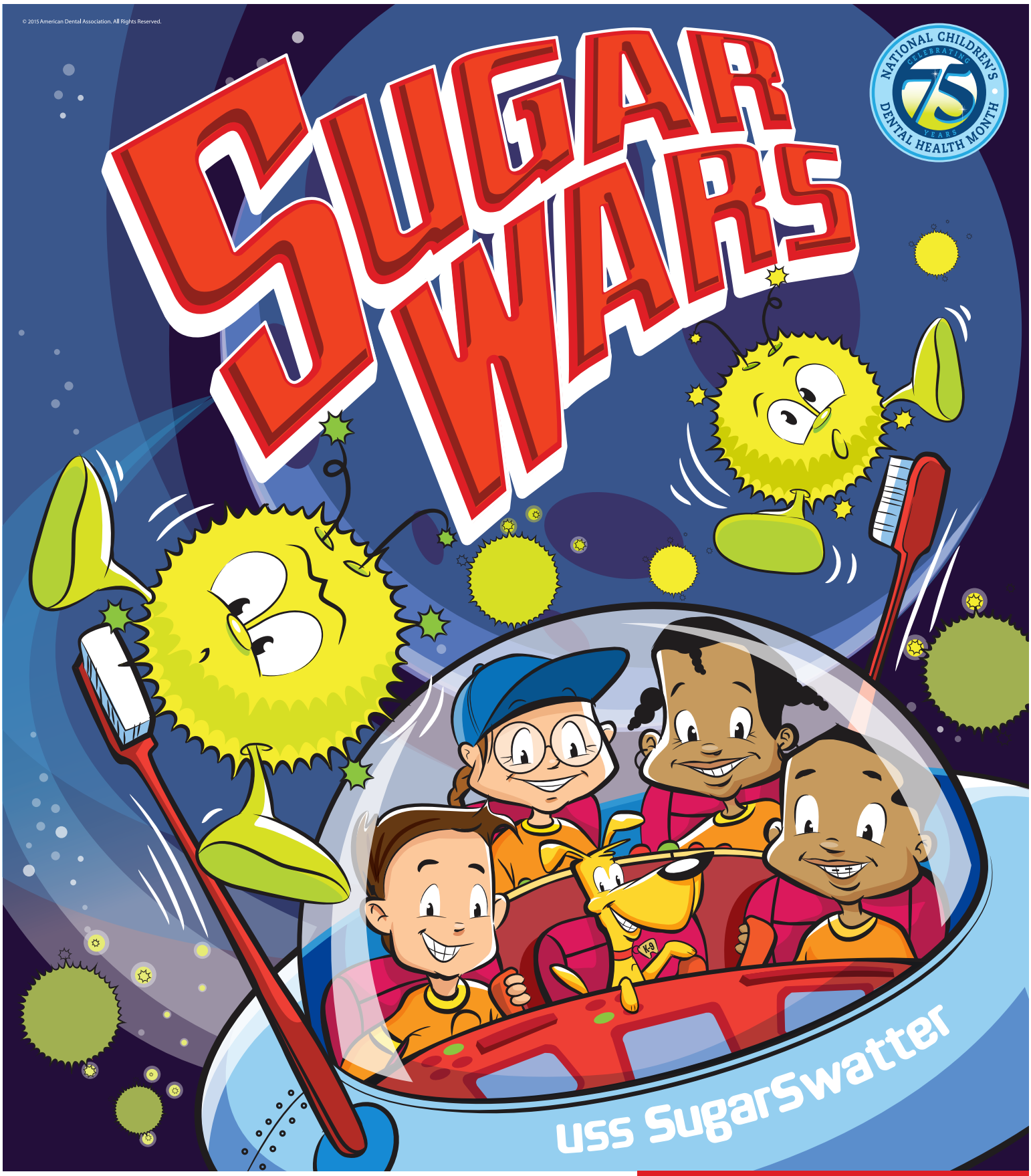
SUGAR WARS

NATIONAL CHILDREN'S DENTAL HEALTH MONTH
CELEBRATING 75 YEARS



ADA.org/ncdhm

Brush two minutes, two times a day.
Clean between your teeth daily.
Limit snacks, eat healthy meals.
Visit your dentist regularly.

ADA Foundation®
Charitable Assistance | Access to Care | Research | Education

ADA American Dental Association®
America's leading advocate for oral health

2min2x!

Brush 2 minutes 2 times a day
AND eat healthy for
a healthy smile!