

# Healthy teeth, HEALTHY me!



**What's going on in here?!**

**It's a battle for control  
of your teeth!**

Every time you take a sip  
or bite, sugar and bacteria  
combine to create acid.  
The acid then attacks  
teeth and weakens enamel,  
allowing cavities to start.  
What's more, each acid  
attack lasts 20 minutes,  
and starts all over with  
every sip or bite you take!

## **ON YOUR TEAM!**

**Cheese:** protects teeth from acids.

**Milk:** repairs enamel by replacing minerals lost in acid attacks.

**Yogurt:** has a healthy dose of protein plus most nutrients in milk.

**Toothbrush/fluoride toothpaste:** remove plaque and reduce bacteria.

## **ON THE OPPOSING TEAM!**

**Plaque:** attracts acid and bacteria to your teeth.

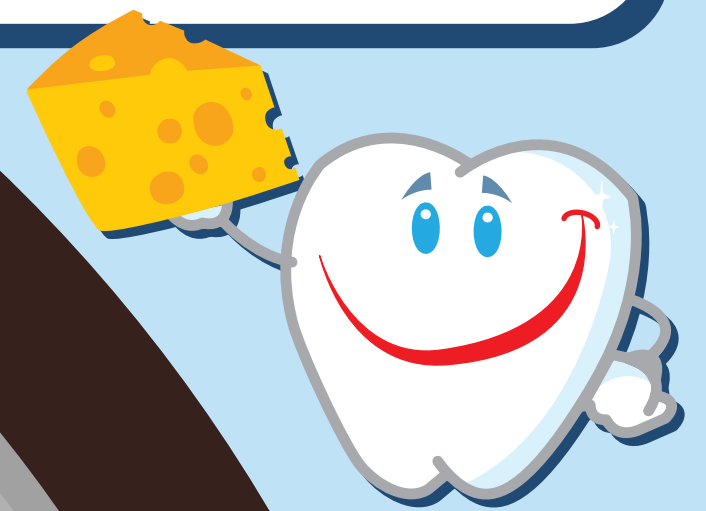
**Acids:** eat at tooth enamel and weaken it.

**Bacteria:** can produce acid.

**Soda or pop:** coat teeth with enamel-eating acid.

**Sugary foods:** produce even more acid!

Keep your teeth healthy  
with **3** servings from the  
dairy group every day!



[www.stldairycouncil.org](http://www.stldairycouncil.org)