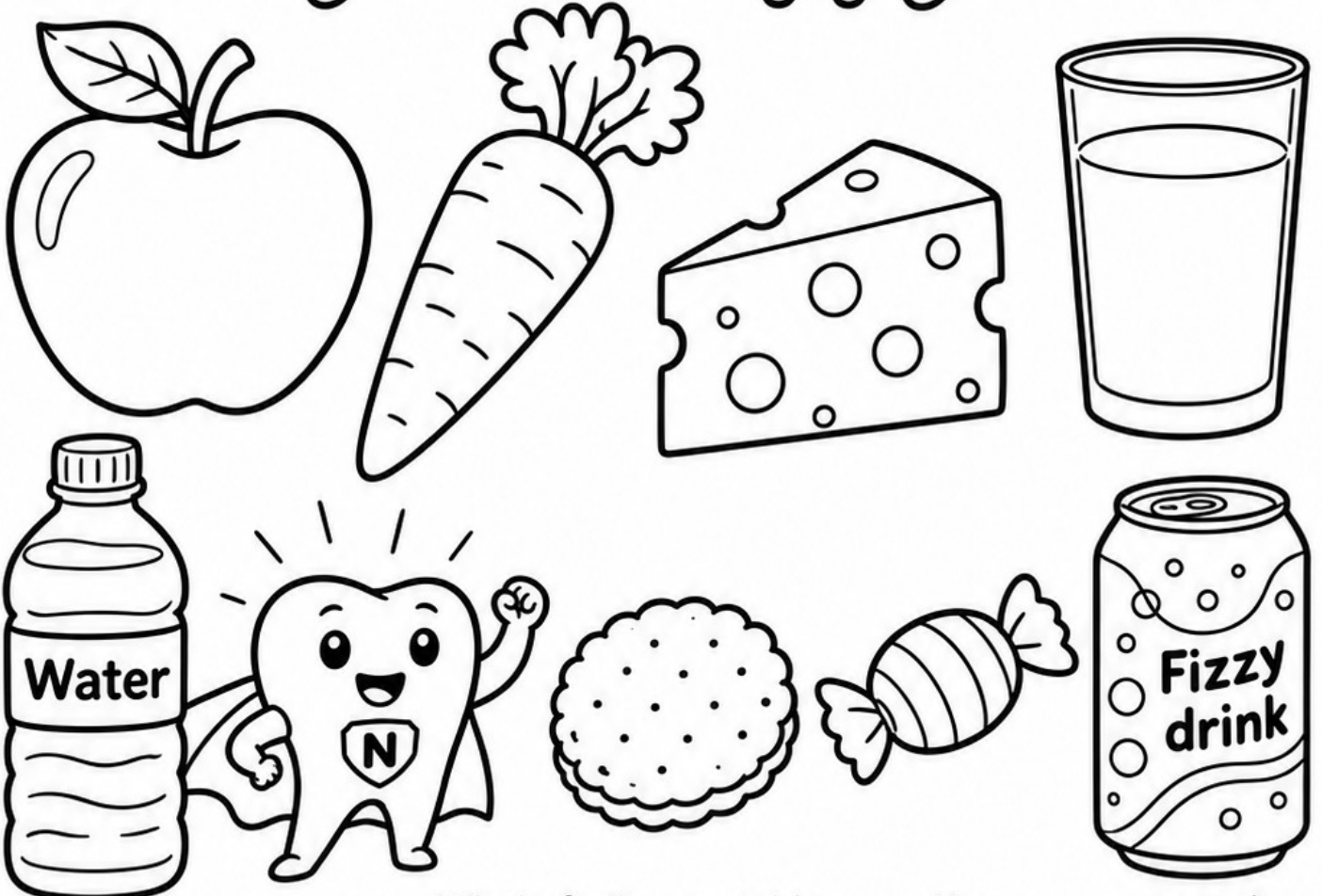


NJS Dental



My name: _____

Fuel your happy teeth



Choose water
between meals.

Whole fruit, vegetables
and plain dairy can be
tooth-friendly choices.

Keep sugary snacks
and drinks to
mealtimes.

Colour the pictures. Circle the water. Draw your favourite
tooth-friendly snack below.

Blank area for drawing your favourite tooth-friendly snack.

Grown-ups: choose foods suitable for your child's age and allergies.