



Keep Your Teeth for Life

Dental Health for Youth

Healthy Mouth, Healthy Body

Adult teeth are important for chewing food, speaking properly, smiling, looking great and for overall good health

Tips for good dental habits

- Brush your teeth in the morning and before bedtime
- Use a soft toothbrush with no more than a pea size amount of fluoridated toothpaste
- Floss daily before bedtime
- Wear a mouth guard when playing a sport or recreational activity (hockey, soccer, football and many more).
- When wisdom teeth erupt they can cause pain if they do not have enough space. Talk to your dentist for more information
- Vomiting associated with an eating disorder will increase the risk of cavities and gum disease
- Oral piercing and tooth jewels can produce inflammation, infection, and bleeding. They can also cause teeth and nerve damage
- Avoid tobacco products. They will stain your teeth and tongue, cause bad breath, and increase your risk of developing oral cancer
- Visit the dentist regularly or when you have any concerns

Tips for good eating habits

- Eat healthy foods and snacks like fruits, vegetables, cheese and drink white milk
- Eat or drink 3-4 servings from the milk and alternatives food group. Calcium continues to play an important role throughout your life
- Drink tap water between meals
- Limit juice to special occasions as the natural sugar found in juice causes cavities
- Avoid sport drinks, energy drinks, soft drinks, flavoured milks, iced teas, lemonades, cocktails, and punches. They are loaded with sugar and drinking them frequently can lead to cavities
- Avoid sucking on candy or chewing gum for a long period of time

Need more information?

Talk to your dentist or dental hygienist or call Ottawa Public Health at 613-580-6744.

