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Don't Let **SUGAR BUGS** Eat Your Teeth

Follow the 4 Sugar Rules:

- 1. ▶ No Chewing Gum**
Except sugar free and try to limit to once or twice a week.
Kids PLEASE do not argue!
- 2. ▶ No Sugar Coated Cereal**
NEVER, NEVER, NEVER, have it in the house!
Tell the kids Dr. Whitehead says NO!
- 3. ▶ All Cookies and All Candy**
Try to limit ONCE or TWICE a week outside of a meal.
- 4. ▶ No Junk Liquids**
Try to limit JUNK liquids to ONCE a day because they
cause tooth decay.

Water is great to drink all day