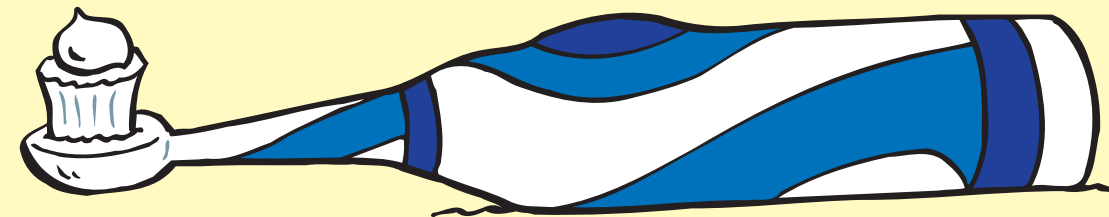
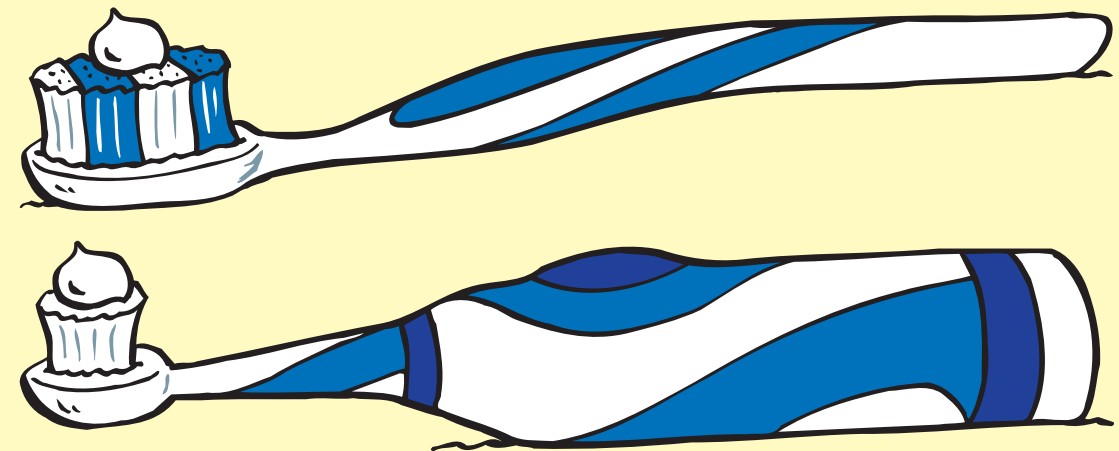




Choose Cheese

Take good care of all your teeth!



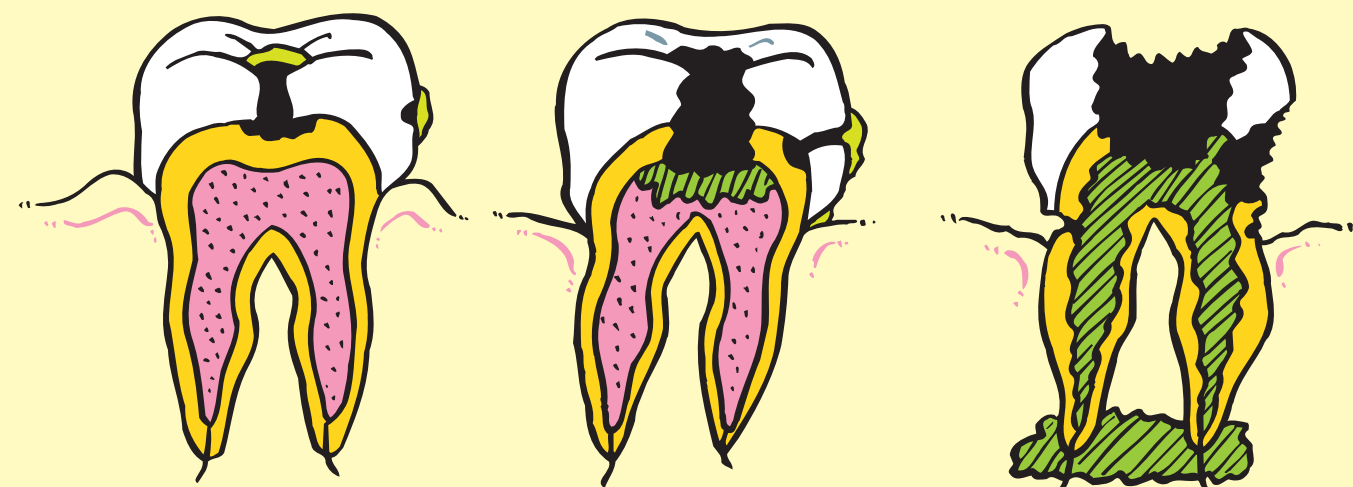
Brush your teeth at least twice a day



Visit a dentist regularly



Do not have too many sugary foods and drinks



If teeth are not cleaned plaque can form. Plaque is a sticky substance that produces acids, which can cause tooth decay.

