

# Healthy teeth = a healthy you

Did you know that taking care of your teeth can help you stay healthy? It's true. In fact, keeping your teeth and gums healthy can help you not get diseases like diabetes and heart disease.

## Show your teeth a little love with these to-do's:

- Brush with fluoride toothpaste for at least two minutes twice a day or after meals
- Floss your teeth every day
- Eat lots of fruits and vegetables and foods that have a lot of protein when combined with foods with lots of carbohydrates, like peanut butter and raisin on celery
- Stay away from sugary and starchy foods or eat them with a meal
- Drink water that has fluoride in it (most tap water does)
- Cut down on soda and juice or drink it with a meal only
- Limit snacking
- Chew sugarless gum with xylitol in it for 10 minutes after eating

Taking care of your teeth will help you not get sick.

Find more great tips on keeping you and your teeth healthy at [healthpartners.com/littlepartners](http://healthpartners.com/littlepartners)

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