



# 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
- Making healthy food choices can help you develop a healthy eating pattern
- 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.

