A great selfie is all about having a sparkling smile. Teens, get your smile ready by making the right choices to keep your smile healthy and bright.

**KEEP IT CLEAN**
- Brush twice a day with a fluoride toothpaste.
- Floss daily.
- Rinse mouthguards frequently.
- Clean retainers or other dental appliances regularly.
- See the dentist for cleanings and checkups twice a year.

**PLAY IT SAFE**
- Use mouthguards during contact sports.
- Avoid oral piercings.
- Don’t smoke or use other tobacco products.
**EAT RIGHT**

**Good**
- Fresh fruits
- Vegetables
- Milk
- Nuts
- Low-fat cheese

**Not so good**
- Sweets
- High-carb foods
- Sugary drinks

**KNOW THE RISKS OF A POOR DIET**
- Premature tooth loss
- Loss of tooth enamel
- Weakened teeth
- Tooth discoloration
- Cavities
- Gum disease

**LIFE HACKS FOR A CLEAN MOUTH**
- Keep a travel-sized toothbrush in lockers, backpacks and gym bags so it’s easy to brush after meals and snacks.
- Rinse your mouth with water when you can’t brush and floss after sweet treats.
- Chew sugarless gum with xylitol (a natural sweetener) after meals and snacks to cleanse the mouth and prevent cavities.
- Drink lots of water!
- Boost calcium intake and retention:
  - Eat more green leafy vegetables and low-fat dairy products.
  - Take calcium supplements (girls: 1,300 mg; boys: 800 mg).
  - Add vitamin D by eating salmon, tuna and vitamin D-fortified milk or juice.
  - Add weights to your exercise routine.
  - Drink fewer energy drinks and less caffeine.

**DID YOU KNOW?**

Only 19% of girls ages 9 to 19 are getting the recommended dietary allowance (1,300 mg) of calcium a day.¹

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