

Healthy Mouth Tips for Teens and Adults

When we think about oral health, we usually just think about brushing our teeth. But it's so much more! Having a healthy mouth also means taking care of your gums, the roof of your mouth, cheeks, and tongue.

It's never too late to add, improve, or change oral health habits like choosing healthy foods, healthy snacks, and healthy drinks. Each time we do something to take better care of our mouths, our overall health can improve.

Brushing & Flossing Daily

The best thing you can do to take care of your teeth, your mouth, and your overall health, is to brush and floss daily.

- Use a toothbrush with soft bristles and a comfortable handle.
- Use a fluoride toothpaste—your teeth will thank you!
- Brush carefully at the gum line and both the front and back surfaces of your teeth.
- Brush for at least two minutes using light pressure and gentle motions.
- Don't forget to brush your tongue, too.
- After brushing, floss to clean between your teeth. Flossing will help remove bacteria which can remain even after brushing.

Say YES to Eating Healthy

Good oral health is directly related to your overall health. That's why eating a healthy diet and drinking plenty of water is so important.

- ✓ Eat lots of fruits and vegetables
- ✓ Avoid frequent snacking
- ✓ Limit sweets or starchy snacks (like chips or crackers). Choose fruits, veggies, cheese, or nuts instead
- ✓ Skip sticky, chewy candies that cling to your teeth and are hard to clean off
- ✓ Drink water instead of sugary drinks (like sodas, juice, or sports drinks)



Say No to Risky Behaviors

Avoid the following to minimize your risks for developing oral cancer:

- ✗ Smoking cigarettes or cannabis products
- ✗ Chewing tobacco
- ✗ Vaping
- ✗ Drinking alcohol regularly
- ✗ Mouth, lip and tongue piercings



And remember, it's important to **see a dentist twice a year to maintain good oral health.** Regular dental visits help keep your teeth and gums healthy. **If you have an upcoming appointment, please be sure to keep it.**

