

Fluoride

is nature's way to fight tooth decay.



Fluoride is a mineral that is found naturally in lakes, rivers and other water. Many communities in New York State also add a little fluoride to their drinking water. Why? **Because it's proven to prevent cavities.**



Drinking fluoridated water reduces cavities for children and adults by about 25%.

Is your local water system fluoridated? Find out! Visit this web page: http://bit.ly/fluorideNY

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Water helps teeth last a lifetime!



Sugar can cause cavities. **Water has no sugar, so it's healthier for your children's teeth.** Soda, sports drinks and fruit juice contain sugar.



The American Heart Association says that **children should have less than 25 grams of added sugar each day**.

One 12-ounce can of soda contains more sugar than that.



The American Academy of Pediatrics says **children under age 1 should not drink fruit juice***. For older kids, limit the daily amount of juice* to:

- 1/2 cup for ages 1-3
- · 3/4 cup for ages 4-6
- 1 cup for ages 7-18

*100% fruit juice only



Make it fun for your children to drink water. Let your children add a handful of fruit to a pitcher of water. Maybe some blueberries, orange slices, or other kinds of fruit.

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