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%.

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.