



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>

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.