

# Top tips for teeth



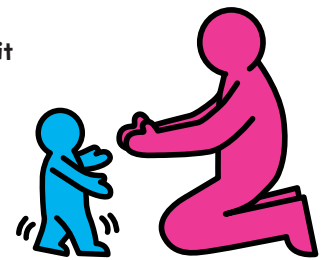
## Be sugar smart

Avoid sugary food and drink before bedtime. They should be consumed less often and only at mealtimes. Try sugar free, diet or no added sugar drinks. Remember, plain water or lower fat milks are best.



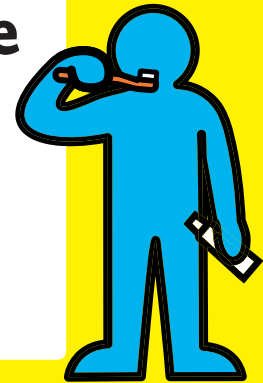
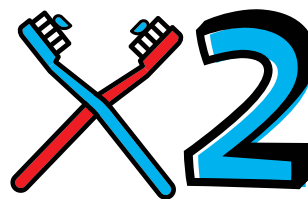
## See the dentist

It's free for kids under 18 to visit NHS dentists, so make sure you take them regularly.



## Brushing twice is nice

Make sure your kids clean their teeth twice a day with a fluoride toothpaste. Help them brush once before bed and once at any other time that suits you and your family.



Ask your dentist for more top tips.

Download the Change4Life Food Scanner app to find out what's in your food and drink.

