



CHOOSE WATER FOR A HEALTHY MOUTH AND BODY



Sugar sweetened drinks can increase risk of tooth decay and other health problems.

Tap water with fluoride is the easy, low cost, and healthy choice for your teeth and body.

Water does not contain sugar

- Helps prevent bacteria from producing acid that causes tooth decay.

Water keeps the mouth clean

- Washes away food left in the mouth after eating.

Water with fluoride keeps teeth strong

- Re-builds the outer surface of teeth, making it easier to resist tooth decay.

Water fights dry mouth

- Helps increase saliva which contains calcium and other minerals to keep teeth strong.

