

Good Nutrition Includes Water



For better oral health, water should be the **go-to** drink for every meal and snack.

Why is water best?

- Helps stabilize the mouth's pH level, discouraging decay.
- Avoids exposure to sodas.
- Helps cleanse the mouth of food particles, which starves sugar-eating bacteria.

Kentucky Oral Health Program

Good Water Includes Fluoride



Fluoride is the **most effective** way to reduce dental decay.

Why is fluoride best?

- Helps build stronger teeth as they develop before eruption.
- Helps keep tooth enamel strong and resistant to cavities.

<https://chfs.ky.gov/agencies/dph/dmch/cfhib/Pages/oral-health.aspx>



Kentucky Public Health
Prevent. Promote. Protect.