

#DM2002-31

“GENERAL NUTRITION”

WHETHER OF NOT YOUR BODY FUNCTIONS EFFICIENTLY IS PARTLY UP TO YOU. STRIVE FOR GOOD HEALTH BY PRACTICING THE FOLLOWING SUGGESTIONS.

CHOOSE FOODS FROM THE FIVE MAJOR FOOD GROUPS: BREADS, CEREALS AND OTHER GRAINS; FRUITS; VEGETABLES; MEAT, FISH, POULTRY AND PROTEIN ALTERNATIVES; AND MILK, YOGURT AND CHEESE.

REFRAIN FROM SMOKING AND CHEWING TOBACCO. THEY NOT ONLY MAY STAIN YOUR TEETH, BUT ALSO INCREASE YOUR RISK FOR PERIODONTAL DISEASE, AND MOUTH, THROAT OR LUNG CANCERS.

EXERCISE REGULARLY AND TRY TO AVOID IN BETWEEN MEAL SNACKING.

REMEMBER... BRUSH YOUR TEETH TWICE A DAY WITH A FLUORIDE TOOTHPASTE, FLOSS ONCE A DAY...AND VISIT YOUR DENTIST REGULARLY.

PRACTICING GOOD HEALTH HABITS IS BENEFICIAL TO YOUR BODY AND HELPS YOU KEEP A BEAUTIFUL SMILE.

FOR THE ADA DENTAL MINUTE, I'M DR. MARIA LOPEZ HOWELL.