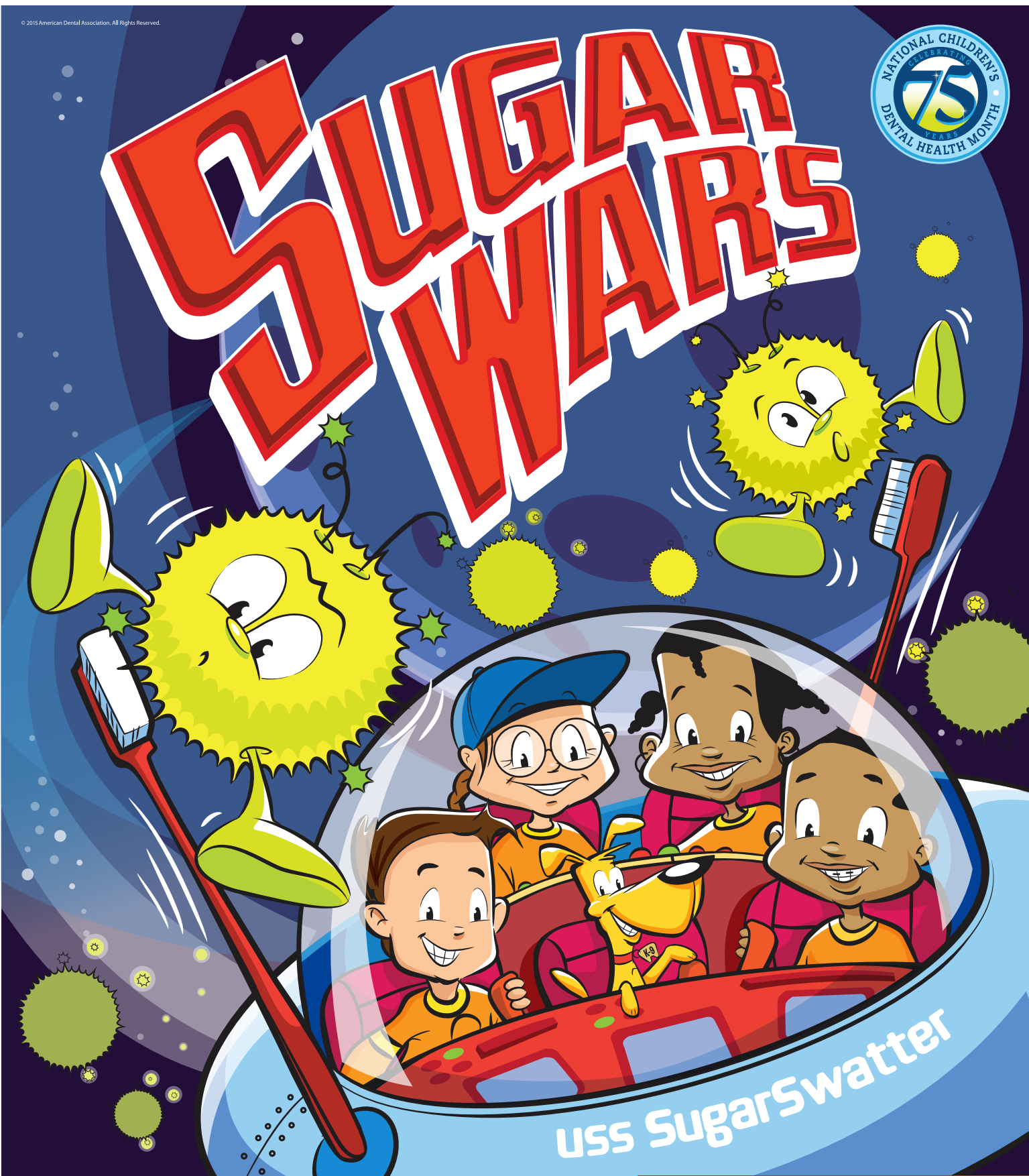




# SUGAR SWARS



[ADA.org/ncdhm](http://ADA.org/ncdhm)

Brush two minutes, two times a day.  
Clean between your teeth daily.  
Limit snacks, eat healthy meals.  
Visit your dentist regularly.

ADA Foundation®  
Charitable Assistance | Access to Care | Research | Education

ADA American Dental Association®  
America's leading advocate for oral health

## 2min2x!

Brush 2 minutes 2 times a day  
AND eat healthy for  
a healthy smile!