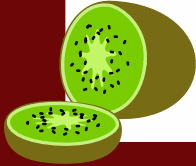




# Eat Well for Oral Health

## Effect of Drinks on Teeth

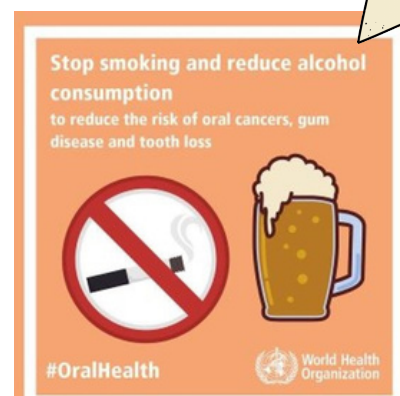
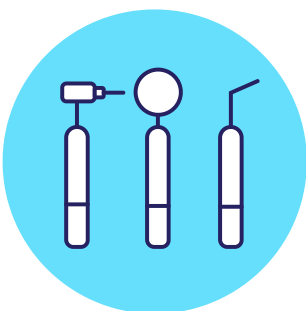


### KEY TERMS:

ACIDIC DRINKS  
MILK  
YOGURT DRINK  
GREEN TEA  
VITAMINS  
TOOTH DECAY

MILK is full of vitamins, minerals, and proteins, which makes it great for the teeth. Calcium and phosphorus help to strengthen, and repair tooth enamel, while vitamin D helps the body absorb calcium and phosphorus better.

**AFTER DRINKING TEA,  
PLEASE BRUSH YOUR  
TEETH TO AVOID TEETH  
STAINING**



Drinking alcohol slows down saliva production which can cause dehydration and may contribute to plaque build-up.

