



# COLONIAL NUTRITION NEWSLETTER

*February is National Dental Month!*



## Love your Teeth...



Have you ever noticed how smooth your teeth are after you brush in the morning. Then after you eat something like cereal, a breakfast bar, or a bagel they seem to have a residue on them and they are no longer smooth. That residue is 'leftovers' of what you ate, and the bacteria in your mouth have a buffet on that. When they breakdown the 'leftovers', they produce an acid which burns through the outside of your teeth and creates a cavity over time. To prevent this, brush your teeth at least twice a day to remove the 'leftovers' and the bacteria.



Having teeth cleaned twice a year will help remove build-up that was not taken off by brushing. A dentist will also be able to catch cavities when they first begin to form and are small, which will help protect teeth from further damage.



Flossing once a day will remove the bacteria and food that is stuck between teeth, and below the surface of the gums between teeth.

