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## I like fruits for in-between snacks. Do you know why? (1965)

American Dental Association

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*I like fruits  
for in-between snacks.  
Do you know why?*



# Why are fruits better for our teeth than sweets?

Fresh fruits are among the foods we need for growing.

Sweets may lead to cavities in our teeth.

Too many sweets spoil our appetites for other food.

We should eat sweets only at meal-time or special parties and then brush our teeth right away. When we can't brush our teeth, we should rinse our mouths with water.