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A Word to the Wise (1954)

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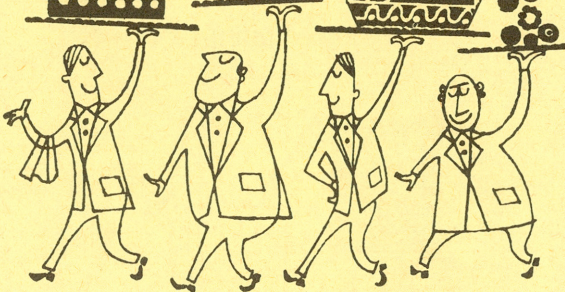
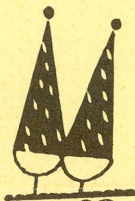
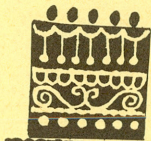
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A

WORD

TO THE

WISE





WHAT YOU EAT

IS

IMPORTANT

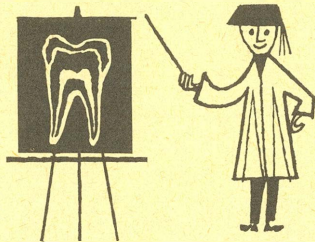
FOR GOOD GENERAL HEALTH



FOR GOOD DENTAL HEALTH

WHAT NOT TO EAT

IS ALSO IMPORTANT



SUGAR AND TOOTH DECAY

Bacteria in the mouth act on sugar to form acid which is capable of dissolving tooth enamel.

If you are susceptible to dental decay, this acid is formed each time you eat sugary foods.

The action of the bacteria on sugar is so rapid that acid is formed within just a few minutes after the sugar is taken into the mouth.

TO HELP PREVENT TOOTH DECAY

- Limit your use of sweets
to meals and party times
- Brush your teeth immediately
after eating
- Avoid sweet foods and drinks
between meals
- Substitute fruit, nuts,
or popcorn for sweets

