Good Nutrition Includes Water

For better oral health, water should be the go-to drink for every meal and snack.

Why is water best?
- Helps stabilize the mouth’s pH level, discouraging decay.
- Avoids exposure to sodas.
- Helps cleanse the mouth of food particles, which starves sugar-eating bacteria.

Kentucky Oral Health Program
Good Water Includes Fluoride

Fluoride is the **most effective** way to reduce dental decay.

**Why is fluoride best?**

- Helps build stronger teeth as they develop before eruption.
- Helps keep tooth enamel strong and resistant to cavities.