



Oak Park Dentistry for Children & Orthodontics



Drink 6
10 oz.
glasses
of
water
per day



Eat fruits and
vegetables at
least 5 times
a day
Limit 100%
fruit juice



Brush
your
teeth 4
minutes
per day
2 mins.
in the morning
2 mins. before
bed



Floss your
teeth for
30 seconds
before
bed



Cut screen
time to 2
hours or
less
a
day



Participate
in at least
1 hour of
physical
activity
every
day



Restrict
soda and
sugar-
sweetened
sports
drinks
and
fruit
drinks



The Foundation for
Healthy Families
Recommends...
Making It Your Goal
Every Day!

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