Stop and Think Before You Drink

Healthy choice but be careful!

Smoothies, Yogurt Drinks, Milk Shakes, Diluted Drinks and Fruit Juices

Milk and Water

Not to be taken too often

With a meal that’s the deal!

No limits here

Healthy choice but be careful!

Milk and Water

Don’t add sugar to tea and coffee. These drinks are not recommended for children.

- Remember it is important to drink at least 8 cups of fluids everyday, especially in warm weather and when you exercise.
- Milk and water are the safest drinks for teeth.
- Brush twice daily with a pea size amount of fluoride toothpaste.
- Keep dental appointments

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