

# On the GO!

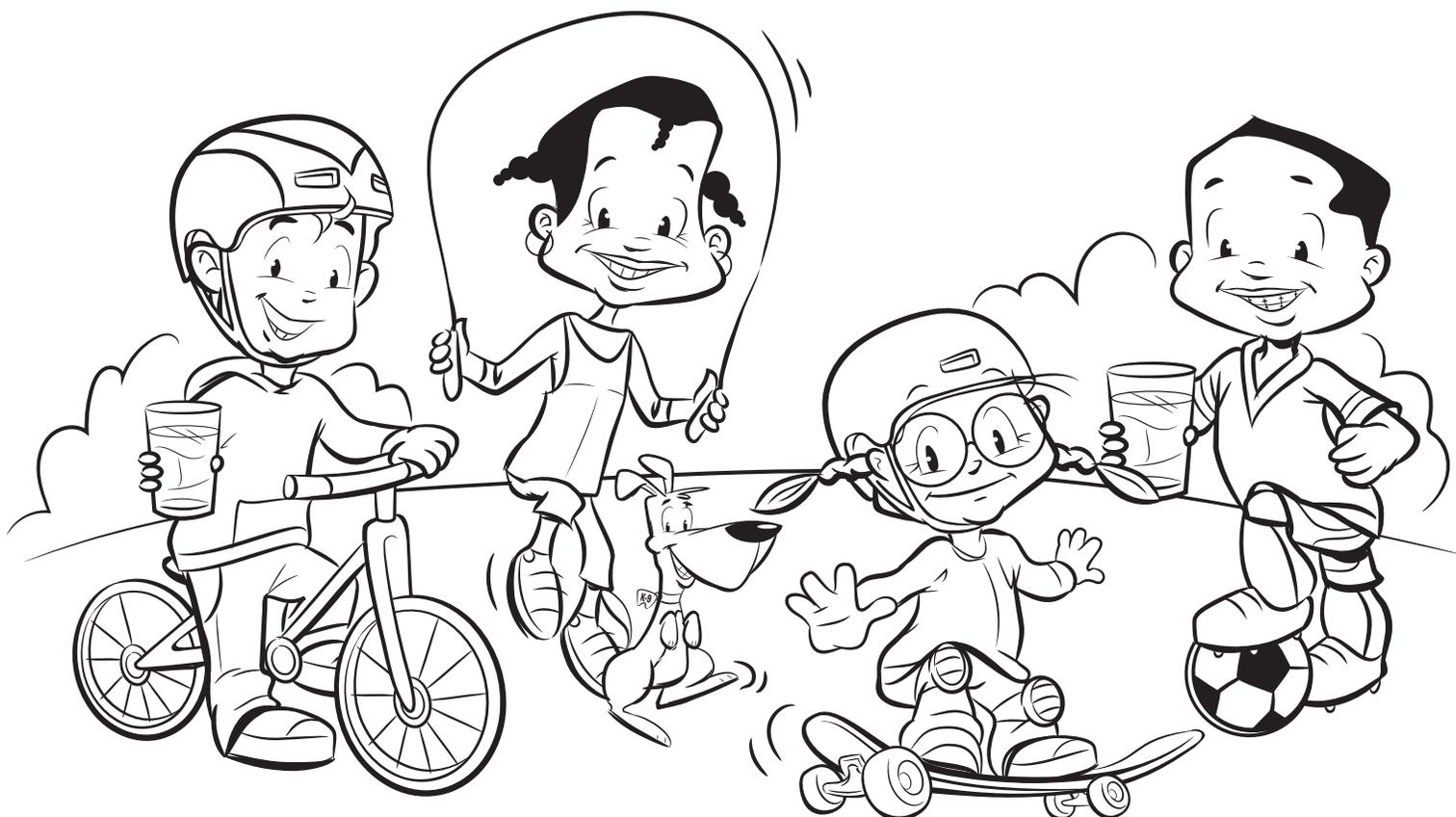
Buck and Flossy McGrinn, and their best friends Den and Gen Smiley love to be active. Whether playing sports, exercising or just having fun together, they're always on the go!

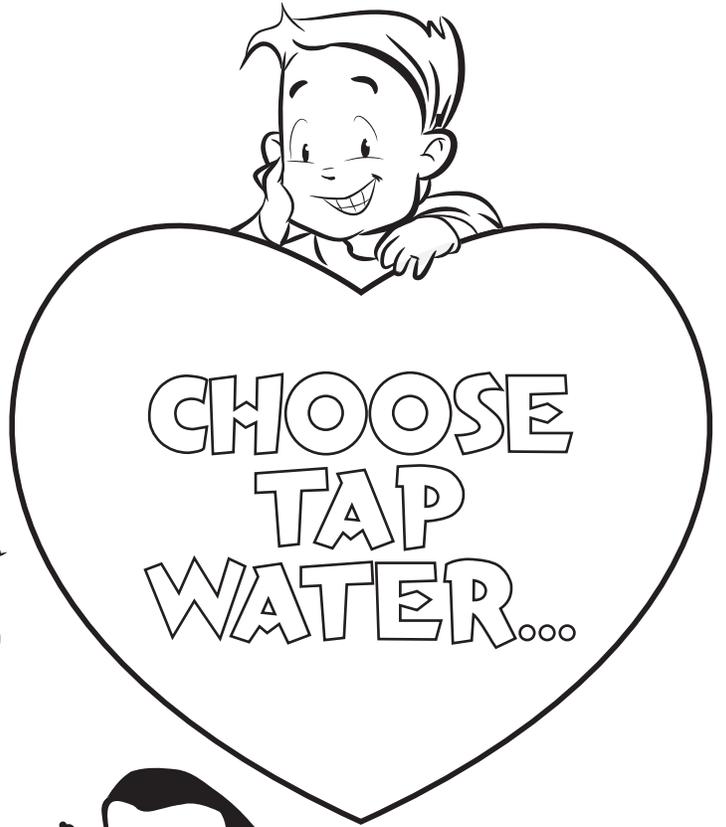
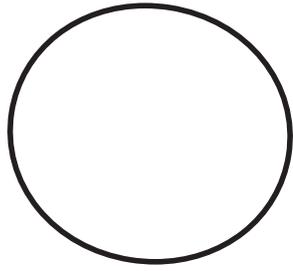
It's no wonder they can work up a big thirst and so are always careful to choose the most healthy drinks to satisfy it. Just like eating sugary foods, the friends know that sugary drinks can cause cavities, too. Whenever possible, they choose tap water. They know that if the tap water has fluoride in it, it can protect their teeth by preventing cavities, too. They avoid drinks with added sugar like soda and sweetened juices.

When they are hungry between meals they choose healthy snacks like fruit and veggies instead of sweets, cookies and candy. Only for an occasional treat and only with meals do they choose sugary foods and drinks.

In addition to selecting healthy foods and drinks, Flossy, Buck, Den and Gen know the importance of good dental habits to keep their smiles bright. They follow the '2 Minutes 2 Times' rule by brushing their teeth with a fluoride toothpaste for two minutes when they get up in the morning and again before they go to bed at night.

Join Buck, Flossy, Den and Gen! Stay active, make healthy food and drink choices and remember '2 Minutes 2 Times' for a healthy mouth and sparkling smile!

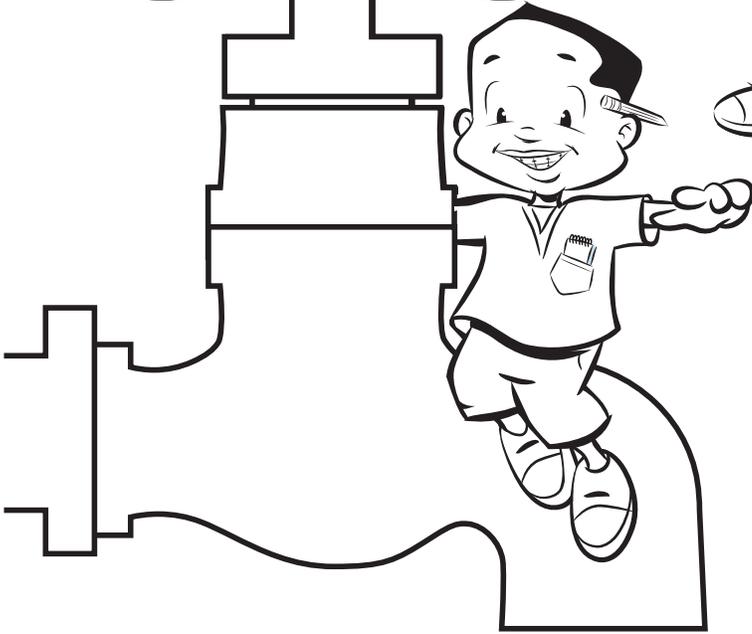




CHOOSE  
TAP  
WATER...



...FOR A  
SPARKLING  
SMILE!



[ADA.org/ncdhm](http://ADA.org/ncdhm)

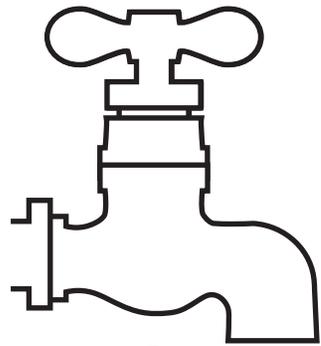
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# Make it a habit!

Brushing your teeth 2 minutes 2 times a day keeps your mouth healthy and smile bright.

And when you're thirsty, choose tap water. Make it a habit for a great smile!

Fill in the calendar dates in the corner then check off each of the 2 boxes every time you brush.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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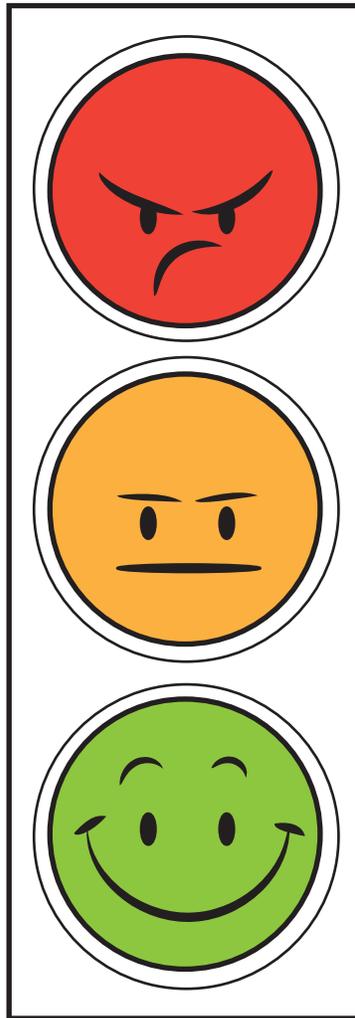
# What to choose?

Buck is very thirsty after his soccer game. Can you help him select the best choices to satisfy his thirst?

**HINT:**  
Drinks loaded with added sugar are not healthy choices and should be avoided! Draw a line connecting those drinks to the **RED LIGHT**.

Drinks with some added sugars and sweeteners should only be chosen occasionally. Draw a line connecting those drinks to the **YELLOW LIGHT**.

The healthiest beverages have no added sugar or artificial sweeteners. Draw a line from the healthiest drinks to the **GREEN LIGHT**.



Tap Water



Low-calorie sports drink



Unsweetened soy 'milk'



Milk



Regular soda



Fruit punch



Sweetened coffee drink



Sports drink



Energy drink



Fruit smoothie



Lemonade



Flavored milk

## BONUS! Can you guess how many teaspoons of added sugar are in a 12 oz. serving of each of these drinks?

TAP WATER \_\_\_\_\_  
MILK \_\_\_\_\_  
UNSWEETENED SOY 'MILK' \_\_\_\_\_  
LOW-CALORIE SPORTS DRINK \_\_\_\_\_

FLAVORED MILK \_\_\_\_\_  
FRUIT SMOOTHIE \_\_\_\_\_  
REGULAR SODA \_\_\_\_\_  
ENERGY DRINK \_\_\_\_\_  
SPORTS DRINK \_\_\_\_\_

SWEETENED COFFEE DRINK \_\_\_\_\_  
SWEETENED ICE TEA \_\_\_\_\_  
FRUIT PUNCH \_\_\_\_\_  
LEMONADE \_\_\_\_\_

ANSWERS: Tap Water, 0; Milk, 0; Unsweetened soy 'milk', 0; Low-calorie sports drink, 1.5; Flavored low fat or skim milk, 4; Fruit smoothie, 11; Regular soda, 10; Energy drink, 12; Sports drink, 7; Sweetened coffee drink, 14; Sweetened ice tea, 8; Fruit punch, 11; Lemonade, 10