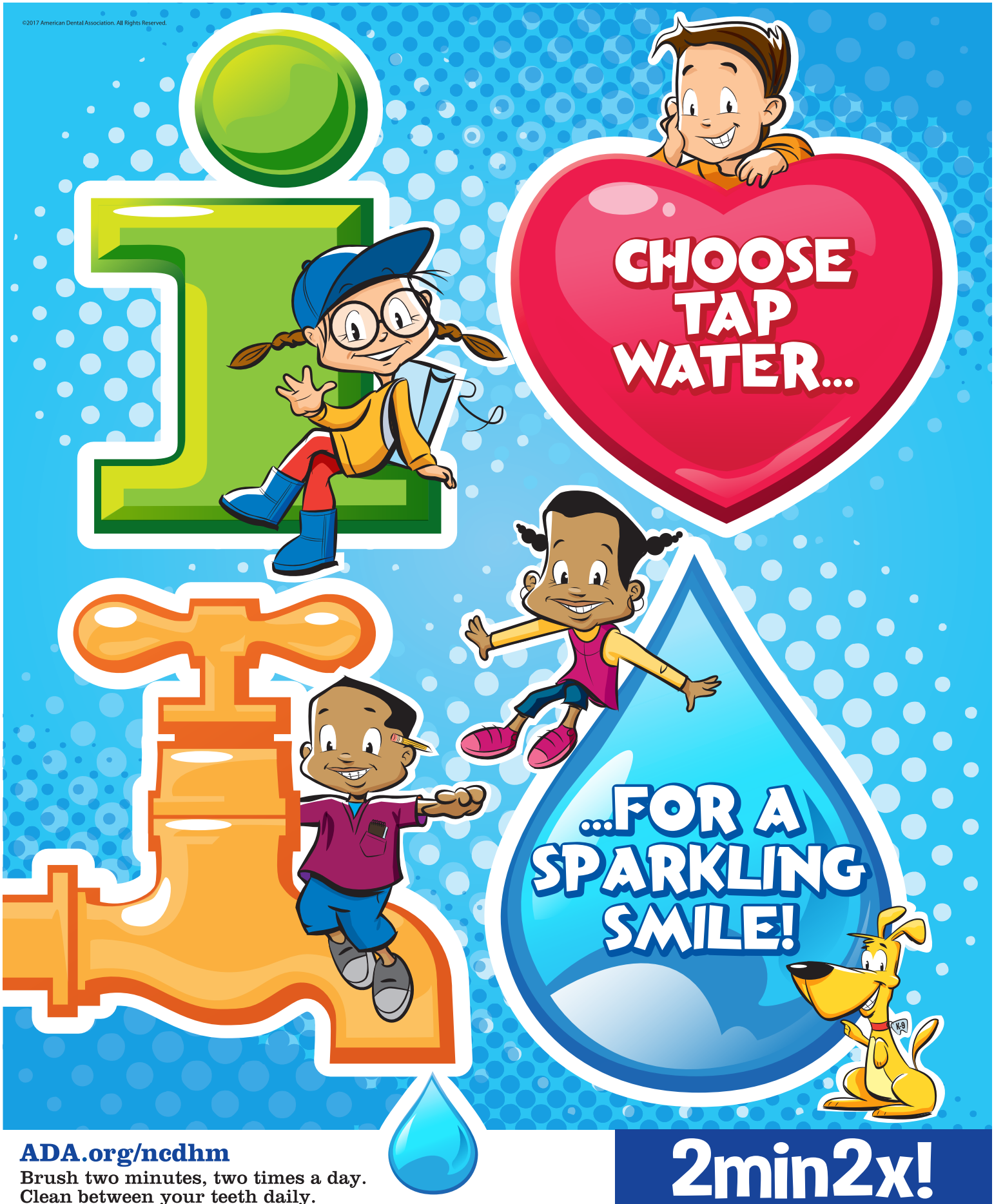
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ADA.org/ncdhm

Brush two minutes, two times a day.
Clean between your teeth daily.
Limit snacks, eat healthy meals.
Visit your dentist regularly.

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2min2x!

Brush 2 minutes 2 times a day AND eat healthy for a healthy smile!

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Cepíllate dos minutos, dos veces al día.
Limpia entre tus dientes a diario.
Limita los refrigerios, come saludable.
Visita al dentista regularmente.

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¡2min2x!

¡Cepíllate 2 minutos 2 veces al día y come alimentos saludables para una sonrisa sana!