



CHOOSE WATER FOR A HEALTHY MOUTH AND BODY



Sugar sweetened drinks can increase risk of tooth decay and other health problems.

Tap water with fluoride is the easy, low cost, and healthy choice for your teeth and body.

Water does not contain sugar

- Helps prevent bacteria from producing acid that causes tooth decay.

Water keeps the mouth clean

- Washes away food left in the mouth after eating.

Water with fluoride keeps teeth strong

- Re-builds outer surface of teeth, making it easier to resist tooth decay.

Water fights dry mouth

- Helps increase saliva which contains calcium and other minerals to keep teeth strong.



選擇飲用水 保持良好口腔健康



含糖飲料可能增加蛀牙與其他健康疾病的風險。

含氟的水是維持牙齒及身體健康的好選擇，簡單又便宜。



水不含糖

- 有助防止細菌產生酸，造成蛀牙。

水能保持口腔清潔

- 用餐後可以洗去口腔內殘留的食物。

含氟的水能保持牙齒強健

- 可以重建牙齒的外表面，更容易抵抗蛀牙。

水可以防止口腔乾燥

- 有助增加唾液 (唾液中含有鈣) 以及維持牙齒強健的其他礦物質。