



# 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.





# ጥዕና ዘለዎ ሰብነትን ኣፍን ክህልዎና ማይ ንምረጽ።



ሉስሉስ መስተን ሽኩራዊ መስተን ንናይ ኣስናን ምቡኽቧኽን ካልዖት ናይ ጥዕና ጸገማትን ይውስኽ።

ፍሎራይድ ዘለዎ ናይ ቡንባ ማይ ኣቲ ክትረኽቦ ዝቐለለ ፣ ዝሓሰረ፣ ንሰውነትናን ንኣስናናን ዝበለጸ ምርጫ እዩ።

## ማይ ሽኩር የብሉን።

- ማይ ካብቶም ኣሲድ ፈጠራዊም ኣስናን ዘቦኽቡኹ ባክቴሪያ ይከላኽለልና።

## ማይ ኣፍ ንምጽራይ ይከግዝ።

- ማይ ድኽሪ ምግብ ኣብ ኣፍና ዝተረፈ መግቢ ንምጽራይ ይከግዝና።

## ፍሎራይድ ዘለዎ ማይ ኣስናን የትርር።

- ፍሎራይድ ዘለዎ ማይ ንደጋዊ መሸፈነ ኣስናን ብምትራር ካብ ምቡኽቧኽ ኣስናን ይከላኽል።

## ማይ ን ኣፍና ካብ ምድራኽ ይከላኽለልና።

- ማይ ን ኣብ ኣፍና ዘሎ ዓቕን ጥፍጣፍ ንክወስኽ ይከግዝና። ጥፍጣፍ ኣብ ውሽጡ ካልስየምን ካልኣት ሚነራላትን ሰለዘለዎ ተራር ኣስናን ክህልዎና ይከግዝ።

