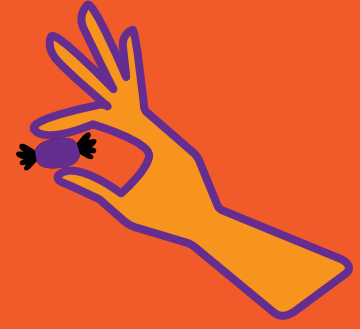




# TIPS TO HAVE A HEALTHY HALLOWEEN

## ENJOY IN MODERATION



## ALWAYS BRUSH TEETH FOR 2 MINUTES BEFORE BEDTIME

## GIVE AWAY EXCESS CANDY ON THE DAY AFTER HALLOWEEN

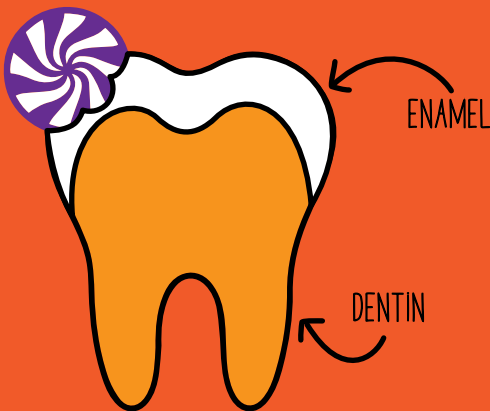
DONATE YOUR LEFT OVER CANDY TO OPERATION GRATITUDE AND THANK A FIRST RESPONDER OR MEMBER OF THE MILITARY



FOR MORE INFORMATION, VISIT: [OPERATIONGRATITUDE.COM/HALLOWEEN-CANDY-GIVE-BACK-PROGRAM/](http://OPERATIONGRATITUDE.COM/HALLOWEEN-CANDY-GIVE-BACK-PROGRAM/)



## HOW DOES CANDY CAUSE TOOTH DECAY?



THE OUTER LAYER OF OUR TEETH IS CALLED THE ENAMEL. IT'S A RESILIENT AND SHINY SUBSTANCE ON THE SURFACE OF YOUR TEETH THAT KEEPS THE INNER LAYER OF YOUR TEETH (THE DENTIN) SAFE FROM DAMAGE. BUT WHEN SUGARS MIX WITH BACTERIA IN OUR MOUTHS, AN ACIDIC ENVIRONMENT LEAVES ENAMEL VULNERABLE TO HARM.

## NOT ALL CANDY IS CREATED EQUAL

WHAT IS BEST TO GIVE TRICK-OR-TREATERS TO PRESERVE THE HEALTH OF THEIR TEETH?

### WORST

### BEST



#### GUMMIES, TAFFY, AND CARAMELS

ANYTHING CONTAINING CHEWY OR STICKY INGREDIENTS IS HARDER TO REMOVE FROM TEETH AND CAN EASILY LEAD TO CAVITIES

#### HARD CANDY

LIKE CHEWY CANDY, THEY ARE HARD TO FULLY CLEAN OFF OF TEETH

#### SOUR CANDY

AS IT IS HIGHLY ACIDIC AND CAN ERODE THE ENAMEL OF THE TEETH



#### SUGAR-FREE CANDY

WHILE IT'S LESS FUN, YOU CAN REST ASSURED KNOWING THAT DAMAGE WON'T BE DONE TO TEETH

#### SUGAR-FREE GUM

A GREAT WAY FOR OLDER KIDS TO KEEP BREATH FRESH AND TEETH CLEAN

#### CHOCOLATE (ESPECIALLY DARK)

IT'S THE MOST EASILY REMOVABLE OF ALL SUGARY CANDY, BUT REMEMBER THAT EXTRA INGREDIENTS LIKE CARAMEL MAY CAUSE PROBLEMS