

# Want **Green Teeth** and **Purple Lips**? Just Ignore These 6 Healthy Tips

1. You can have all the gum or candy you want! For 15 minutes once a month!  
Have braces? That's 0 minutes a month!

2. Brush your teeth in the morning and at night.  
Be sure to brush for 2 minutes or 120 seconds or 120000 milliseconds. It takes  
this long to get all the stuff out!

And don't forget to floss every night. How many minutes, seconds, milliseconds  
do you think that takes?

3. If water's good for a shark's knife-like teeth, think what it can do for yours!  
Choose water when you can. Sharks don't drink sodas or sports drinks, so why  
should you?

4. If you don't want to eat a puck (or a ball), use a mouth guard when you play  
sports.

5. If it's sticky, it gets sticky and that's so yucky! If you do eat candy, stay away  
from fruit rollups, caramels and other chewy, sticky candy. It's a fast way to get  
a cavity.

6. Two healthy snacks a day keep the fillings away! Limit between-meal snacking  
to twice a day and you'll be less likely to get cavities.

Have A **dr.fern** Smile Day!