

# The **5** golden rules for healthy teeth



*Eat foods that have Vitamins and Minerals*

*Avoid eating sweets or sticky foods  
between meals*



2



*Brush after every meal to remove plaque*

*Use Trusted Dental aids, like Colgate*



4



*Visit your dentist every six months*

**MISSION : ZERO TOOTH DECAY**

**ORAL HEALTH MONTH**

**Colgate**

The logo for the Indian Dental Association (IDA), featuring a circular emblem with a dental chair and a stethoscope.  
**ida**  
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