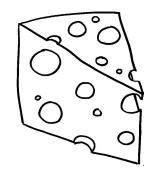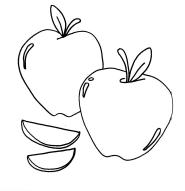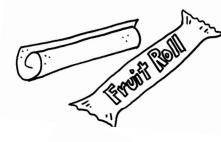# Good Diet = Good Teeth

Healthy eating habits lead to healthy teeth. Like the rest of your body, your teeth need a well balanced diet. Some foods are more likely to cause cavities than others.
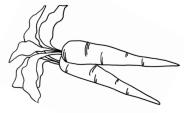
Cross out the foods that are bad for your teeth and color in the "Good Foods" below.