

# THE CHATTER

Oral Health Advice from Delta Dental of Arkansas



## 5 tips to keep teeth healthy this Halloween

Halloween is one of America's favorite holidays, and it's really no surprise. What child – or child at heart – wouldn't jump at the chance to dress in a fun costume and be rewarded with mountains of free candy? But those Halloween treats can haunt teeth long after October's end if you aren't careful. Here are some tips for staying sugar smart while you celebrate.

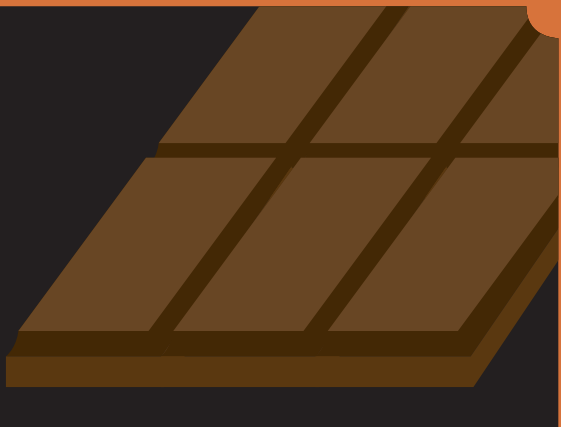


### EAT BEFORE YOU TRICK-OR-TREAT.

Eating a healthy snack or dinner before hitting the streets helps avoid late-night, monster-sized candy snacking sessions.

### CHOOSE CHOCOLATE.

It's a smile's favorite sweet! That's right. Chocolate dissolves quickly which minimizes the amount of time it stays on your teeth. Plus, it contains calcium and antioxidants which are great for healthy smiles and bodies.



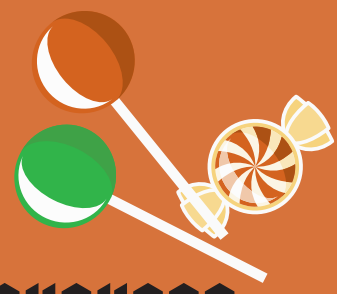
### TOSS THE TAFFY.

While taffy is tasty, it really isn't good for teeth. Taffy and gummy candies don't wash away easily like chocolate. Cavity-causing bacteria love to feast on the sticky residue these confections leave behind.



### PASS ON SUCKERS.

Hard candies like suckers and lollipops are a lot like taffy and gummy candies. They provide a feast for cavity-causing bacteria. Trade them in for chocolate.



### SAVOR SWEETS AT MEALTIMES.

The best way to enjoy sweets is in small portions as dessert. Eating a few small sweets with other foods helps wash away sugar and bacteria left by candy. It's even better if you follow sweets with sips of water.



### BRUSH BEFORE BED.

Brushing for two minutes, twice a day is key to having a healthy smile. Don't forget to floss!

RIP

From all of us at Delta Dental of Arkansas, have a safe and happy Halloween!