

# On the GO!

Buck and Flossy McGrinn, and their best friends Den and Gen Smiley love to be active. Whether playing sports, exercising or just having fun together, they're always on the go!

It's no wonder they can work up a big thirst and so are always careful to choose the most healthy drinks to satisfy it. Just like eating sugary foods, the friends know that sugary drinks can cause cavities, too. Whenever possible, they choose tap water. They know that if the tap water has fluoride in it, it can protect their teeth by preventing cavities, too. They avoid drinks with added sugar like soda and sweetened juices.

When they are hungry between meals they choose healthy snacks like fruit and veggies instead of sweets, cookies and candy. Only for an occasional treat and only with meals do they choose sugary foods and drinks.

In addition to selecting healthy foods and drinks, Flossy, Buck, Den and Gen know the importance of good dental habits to keep their smiles bright. They follow the '2 Minutes 2 Times' rule by brushing their teeth with a fluoride toothpaste for two minutes when they get up in the morning and again before they go to bed at night.

Join Buck, Flossy, Den and Gen! Stay active, make healthy food and drink choices and remember '2 Minutes 2 Times' for a healthy mouth and sparkling smile!

