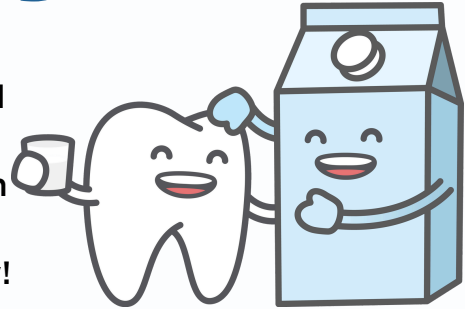


# Moo-ve over cavities, dairy's got my back

Dairy foods are an important source of calcium, phosphorus, and vitamin D, which help build and maintain teeth. In fact, dairy products provide almost 80% of our daily calcium, which our teeth as well as bones need! Learn more about dairy foods and how they can keep your teeth healthy!



Casein, the main protein in milk and cheese, may help to reduce dental plaque by reducing the amount of bacteria that can attach to tooth enamel

Casein and phosphorus in milk and cheese help strengthen bone and tooth enamel to prevent cavities

Consuming cheese stimulates saliva production and increases the pH level in your mouth that may help with fighting tooth decay

Yogurt contains good bacteria known as probiotics, which overpower the harmful bacteria that may cause tooth decay

Boost your dental health by enjoying these dairy products!



## YUMMY YOGURT

- Look for yogurts lower in added sugars



## SAY CHEESE!

- Hard and soft; aged cheeses

## SPLASH OF MILK

- Drink flavored milk with meals rather than between meals.
- Drink, rather than sip, flavored milk to decrease the time teeth are exposed to sugar.



[arizonamilk.org](http://arizonamilk.org)

[nevadamilk.com](http://nevadamilk.com)