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### Good Habits for Great Teeth

Good drinks: water, milk

Okay drinks: juice, hi-C, lemonade

Bad drinks: pop, gatorade

Try not to drink pop every day.

It is better to drink pop with a meal.

Diet pop is worse for your teeth than regular pop.

Juice boxes are better with a meal.

Water is the best in-between meals drink. It quenches your thirst and is good for your body!

Good snacks: raw fruits and veggies

Okay snacks: cereals, chips, chocolate

Bad snacks: Anything sugary and sticky, like gummy bears.

If you can't brush after a meal or snack, rinse your mouth with water and chew sugarless gum.

Brush after breakfast and before school. Brush and floss before bed, then rinse with a fluoride rinse (ACT or Phos-flur.)

Please call with any questions!