Sugar sweetened drinks can increase risk of tooth decay and other health problems.

Tap water with fluoride is the easy, low cost, and healthy choice for your teeth and body.

**Water does not contain sugar**
- Helps prevent bacteria from producing acid that causes tooth decay.

**Water keeps the mouth clean**
- Washes away food left in the mouth after eating.

**Water with fluoride keeps teeth strong**
- Re-builds outer surface of teeth, making it easier to resist tooth decay.

**Water fights dry mouth**
- Helps increase saliva which contains calcium and other minerals to keep teeth strong.
含糖飲料可能增加蛀牙與其他健康疾病的風險。
含氟的水是維持牙齒及身體健康的好選擇，簡單又便宜。

水不含糖
- 有助防止細菌產生酸，造成蛀牙。

水能保持口腔清潔
- 用餐後可以洗去口腔內殘留的食物。

含氟的水能保持牙齒強健
- 可以重建牙齒的外表面，更容易抵抗蛀牙。

水可以防止口腔乾燥
- 有助增加唾液 (唾液中含有鈣) 以及維持牙齒強健的其他礦物質。

與口腔衛生辦公室合作