

**FAIRY DUST  
FOR YOUR BRAIN**

CHOOSE  
*Healthier*  
CHEWS



Take the poll. Get more tips.  
[OriginalToothFairyPoll.com](http://OriginalToothFairyPoll.com)

 **DELTA DENTAL**



FAIRY DUST FOR YOUR BRAIN

CHOOSE  
*Healthier*  
CHEWS

TIP  
#1

CHOOSE CHOCOLATE  
& OVER caramel  
& sticky sweets.

BONUS:

DARK CHOCOLATE HAS  
*antioxidants.*

Take the poll. Get more tips.  
[OriginalToothFairyPoll.com](http://OriginalToothFairyPoll.com)

 DELTA DENTAL®

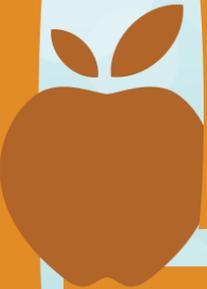


FAIRY DUST FOR YOUR BRAIN

CHOOSE  
*Healthier*  
CHEWS

TIP  
#2

*Dried fruit* CLINGS TO TEETH.

OPT FOR **FRESH  FRUIT** *instead.*

Take the poll. Get more tips.  
[OriginalToothFairyPoll.com](http://OriginalToothFairyPoll.com)

 DELTA DENTAL®



FAIRY DUST FOR YOUR BRAIN

CHOOSE  
*Healthier*  
CHEWS

TIP  
#3

INSTEAD OF SUGARY GUM,  
CHEW *Xylitol*  
gum *pop!*  
TO HELP BATTLE HARMFUL ACIDS  
AND BACTERIA IN YOUR MOUTH.

Take the poll. Get more tips.  
[TheOriginalToothFairyPoll.com](http://TheOriginalToothFairyPoll.com)

 DELTA DENTAL®



FAIRY DUST FOR YOUR BRAIN

CHOOSE  
*Healthier*  
CHEWS

TIP  
#4

Skip the soda.

IF

WATER



OR

MILK



WON'T SATISFY YOUR CRAVING, TRY A

ROOT BEER.

IT'S LESS

*acidic*

(than other sodas.)

Take the poll. Get more tips.  
[OriginalToothFairyPoll.com](http://OriginalToothFairyPoll.com)

 DELTA DENTAL®



FAIRY DUST FOR YOUR BRAIN

CHOOSE  
*Healthier*  
CHEWS

TIP  
#5

SNACKTIME? GRAB calcium-rich

~~CHEESE STICKS~~

NOT carb-loaded

~~POTATO CHIPS.~~

BACTERIA ENJOY CARBS TOO!

Take the poll. Get more tips.  
[OriginalToothFairyPoll.com](http://OriginalToothFairyPoll.com)

 DELTA DENTAL®

**FAIRY DUST  
FOR YOUR BRAIN**

CHOOSE  
*Healthier*  
CHEWS

**CHOOSE CHOCOLATE**  
& OVER caramel  
& sticky sweets.

**BONUS:** DARK CHOCOLATE HAS  
antioxidants.



*Dried fruit* CLINGS TO TEETH.

**OPT FOR FRESH  FRUIT**  
instead.

INSTEAD OF **SUGARY GUM,**  
CHEW **Xylitol gum** *pop!*

TO HELP BATTLE **HARMFUL ACIDS**  
AND BACTERIA IN YOUR MOUTH.

Skip the soda. IF **WATER** OR **MILK**  
WON'T SATISFY YOUR CRAVING, TRY A  
**ROOT BEER.** (IT'S LESS acidic  
than other sodas.)

SNACKTIME? GRAB calcium-rich  
**CHEESE STICKS**   
NOT carb-loaded **POTATO CHIPS.**  
BACTERIA ENJOY CARBS TOO!

Take the poll. Get more tips.  
[OriginalToothFairyPoll.com](http://OriginalToothFairyPoll.com)

 **DELTA DENTAL**