

# THE GOOD, THE BAD & THE UGLY

## FOODS FOR YOUR DENTAL HEALTH

### THE GOOD

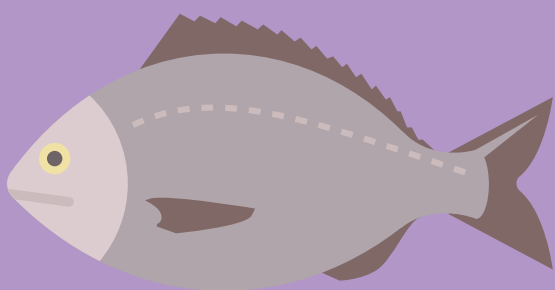
DAIRY



LEAFY GREENS



LEAN MEAT

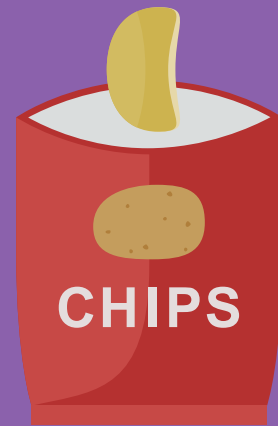


NUTS

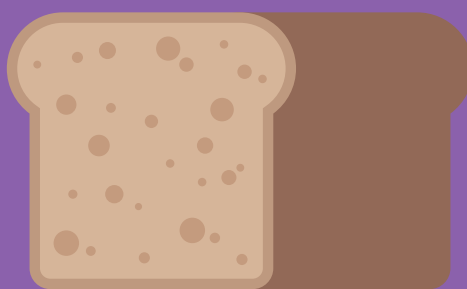


### THE BAD

POTATO CHIPS



BREAD



COFFEE



ALCOHOL



### THE UGLY

SODA



CITRUS FRUITS



DRIED FRUIT



CANDY

