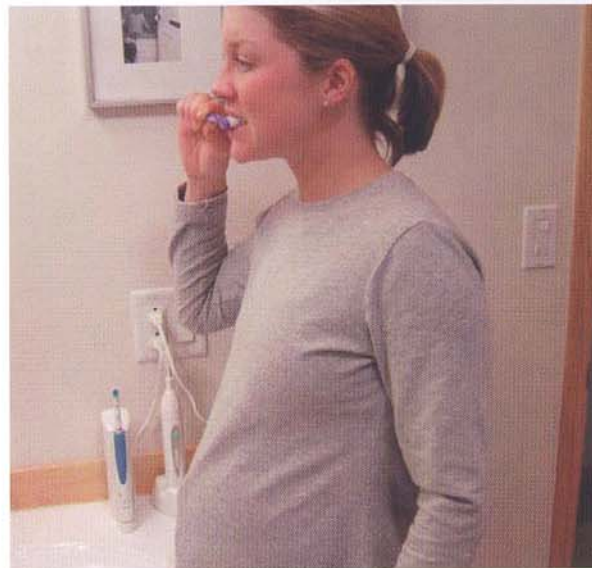


# Basic Oral Health Care During Pregnancy

1. Have a dental checkup.
2. Brush daily with fluoride toothpaste.
3. Floss daily.
4. Limit sweets. Avoid sticky foods.
5. Visit your doctor for pre-natal care.
6. Have an adequate amount of calcium.



## During Pregnancy:

1. Have a dental checkup.
2. Brush at least twice a day with fluoride toothpaste.
3. Floss daily.
4. Limit sweets. Avoid sticky foods.
5. Visit your doctor for pre-natal care.
6. Have an adequate amount of calcium: milk, cheese, leafy green vegetables, and dried beans.