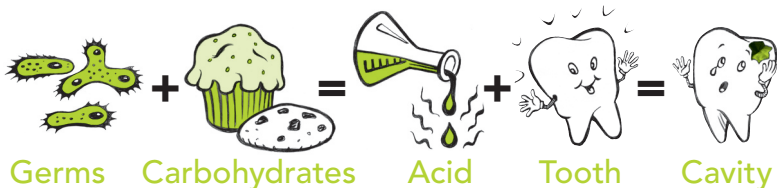
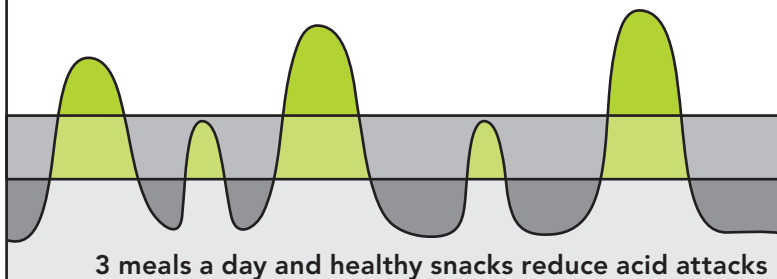


HEALTHY SNACKS LIMIT ACID ATTACKS



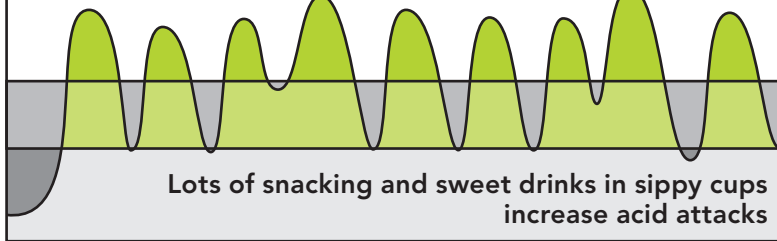
- Foods mix with germs to make acid
- Acid attacks teeth for 20 minutes

Acid levels in the mouth throughout the day



Breakfast Lunch Dinner

Snack Snack Snack



Kansas Cavity Free Kids is a program of Kansas Head Start Association.
For more information contact Kathy Hunt at khunt@ksheadstart.org

LIMIT ACID ATTACKS ■ LIMIT ACID ATTACKS ■ LIMIT ACID ATTACKS ■ LIMIT ACID ATTACKS ■ LIMIT ACID ATTACKS

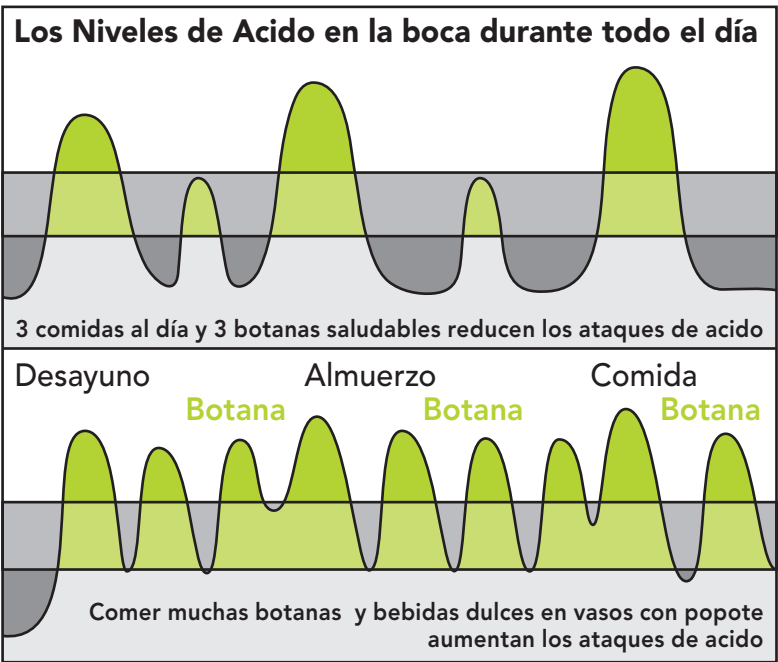
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BOTANAS SALUDABLES LIMITAN LOS ATAQUES DE ACIDO



Gérmenes Carbohidratos Acido Diente Caries

- Comidas revueltas con gérmenes resultan en acido
- El Acido ataca los dientes por 20 minutos



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