Above is the #1 rule for keeping your pearly whites healthy. No, folks, it's not an emergency number for the dentist. It's an easy acronym that stands for:

Steer clear of as much sugar as you can, especially sugary drinks like soda, juice, sports drinks and sweet tea. Try substituting water, or come up with more exciting ways to drink water, like adding lemon and berries for flavor. Having sweet treats can be fun, but limiting them to one per day can do wonders for your body, teeth and mind! Finally, getting plenty of calcium and vitamin D supports good oral hygiene. Calcium and vitamin D can be found in lots of foods, including those to the right.

Q: Why is keeping your mouth healthy so important?
A: Because our mouth is home to a lot of bacteria, and plaque which causes tooth decay and can even make us sick. By cleaning our teeth, tongue, and mouth daily we are helping our teeth stay pearly white, healthy and keeping our body healthy. Not to mention dreaded trips to the doctors or dentist and the cost of fillings, crowns and implants.

Q: What else can you do to support healthy oral hygiene?
A: Steer clear of as much sugar as you can, especially sugary drinks like soda, juice, sports drinks and sweet tea. Try substituting water, or come up with more exciting ways to drink water, like adding lemon and berries for flavor. Having sweet treats can be fun, but limiting them to one per day can do wonders for your body, teeth and mind! Finally, getting plenty of calcium and vitamin D supports good oral hygiene. Calcium and vitamin D can be found in lots of foods, including those to the right.

How To: Brush Twice a Day for Two Minutes

1. Start with 2 teeth next to each other. Going left to right will help you to not miss any.
2. Brush the front, back and top for a count of 10 on each side.
3. Take the next 2 teeth and repeat, until you have done the top and bottom of your mouth.
4. This is a great way to do a thorough job for 2 full minutes.
5. Don't forget to floss and use mouthwash to finish.