

# Stall Street Journal



*Brush Your TEETH!*



*Brush at least twice a day, once in the morning and then again before bed. Use dental floss.*



*Make sure you brush the front and back of your teeth, along with your tongue for at least one minute.*



*Eat healthy foods like fruits and vegetables. Juice is not a fruit!!*

*Have a dairy product every day to make your teeth stronger.*



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