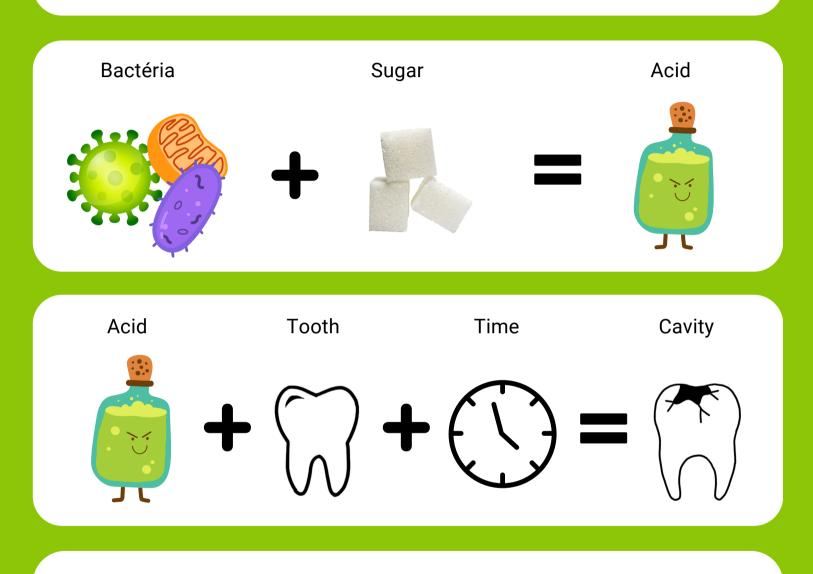
## How do cavities form?



To avoid cavities (holes in the teeth):

- Avoid sugary foods and drinks.
- Brush with fluoride toothpaste to reduce bacteria.

Centre intégré universitaire de santé et de services sociaux de la Capitale-Nationale QUÉDEC \* \*

Snacks for School campaign