

## **Public Service Announcement**

## Eating healthy will brighten your smile

Start Date: March 21, 2016 End Date: March 30, 2016

Nunavut-wide 45 sec

March is Nutrition Month – it reminds us of how important nutrition is for our overall health, which includes oral health.

A healthy diet is important for a bright smile and strong teeth. Follow these tips to prevent tooth decay and gum disease:

- Brush and floss at least once a day before going to bed.
- Brush for two minutes every time.
- Make water your main drink. Sweet things like juice, pop and candy can make teeth unhealthy.
- Country foods, cheese, vegetables and fruits are all healthy foods and are less likely to cause tooth decay.

Oral Health Month is coming up – mark your calendars for April 2016 and speak to your community oral health coordinator or community health representative about upcoming activities and contests!

Follow the Government of Nunavut's Facebook page for updates.

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