

FOOD & TOOTH DECAY

FOODS WHICH ARE
CLEANSING & PREVENT DECAY.

FIBROUS FOODS GENERALLY.

EXAMPLES:

Fish, Meat, Poultry, Lettuce, Cress, Radish,
Celery, Uncooked Vegetables (Cooked Vegetables
are as a rule cleansing but in less degree than the uncooked).
Stale Bread with Crust, Twice Baked and
Toasted Bread of all kinds, Savouries, Fresh
Fruits, Fatty Foods of all kinds, Soups, &c.

COARSE AND FIBROUS FOOD
IS A
NATURAL TOOTHBRUSH!

ISSUED BY THE EDUCATIONAL COMMITTEE OF THE NATIONAL DENTAL SOCIETY
BY COURTESY OF BOARD OF EDUCATION, PHOENIX, ARIZ. OF MEDICAL SOCIETY

FOOD & TOOTH DECAY

FOODS WHICH ARE
NOT CLEANSING & PRODUCE DECAY.

STARCHY AND SUGARY FOODS
WITHOUT FIBROUS ELEMENT.

EXAMPLES:

Sweet Biscuits & Cake, Bread & Marmalade,
Bread & Jam, New Bread without crust,
Bread soaked in Milk, Milk Puddings,
Porridge & Milk, Stewed Fruit, Honey &
Sweets of all kinds, Cocoa & Chocolate.

WHEN THE ABOVE ARE EATEN

**CLEANSING FOODS
SHOULD FOLLOW!**

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