



# TRICKS AND TREATS



**Boo! Before you reach for that next piece of candy, let's learn a bit about which ones are more or less likely to cause cavities.**

## TRICKS



**Sticky, chewy candies get stuck in our teeth and make it hard to get all the sugar off**

**Sour candies have a lot of acid, which causes cavities**

**Hard candies can be rough on our teeth if we bite on them, and sucking on them for a long time exposes our teeth to more sugar.**



## TREATS



**Chocolate easily melts off our teeth and makes it easy to clean away the sugar.**

**Even better is dark chocolate, which has less sugar, or chocolates with nuts in them, which help break up any stickiness.**

### Extra Tips:

- **Sugar-free candies are always a great option for our teeth when available!**
- **Instead of munching on candy after each meal, pick a time of day to enjoy a piece or two, in order to limit the amount of time your teeth are coated in sugars.**
- **If you decide to enjoy stickier candy, make sure to brush with fluoridated toothbrush about 30 minutes after.**

