

# Healthy People

## Flossing

Along with brushing twice a day, flossing is an important part of great mouth care. Flossing helps remove food and plaque from between teeth where a toothbrush won't reach.

According to the American Dental Association, the most important thing about flossing is simply to do it. Pick a time of day when you can devote an extra couple of minutes to your oral hygiene. If you are too tired at the end of the day you may want to try flossing first thing in the morning or even flossing after lunch.

And don't forget, even small children need to floss! As soon as your child has two teeth that touch you should start flossing. And continue flossing for them until they are able to do it themselves – usually by age 10 or 11.

## Healthy Mouth Recipe

June means fresh strawberry season! Take advantage of the juicy goodness of fresh strawberries with this yummy salad. If you also find fresh blueberries, don't hesitate to add them to the bowl!

## **Strawberry, Kiwi, and Spinach Salad**

### Ingredients:

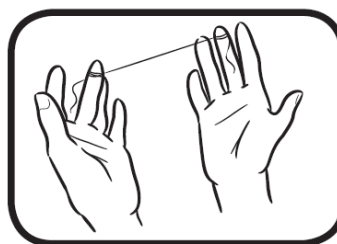
- 2 tablespoons raspberry vinegar
- 2 ½ tablespoons raspberry jam
- 1/3 cup vegetable or olive oil
- 8 cups spinach, rinsed and torn into bite-sized pieces
- ½ cups chopped walnuts
- 8 strawberries, quartered
- 2 kiwis, peeled and sliced



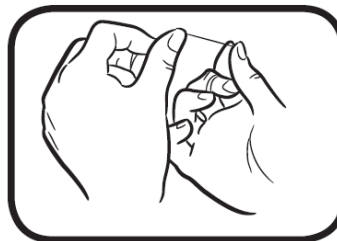
### Directions:

- Mix together raspberry vinegar, raspberry jam, and oil in a small container.
- Combine spinach, nuts, strawberries, and kiwi in a salad bowl. Toss with raspberry dressing.

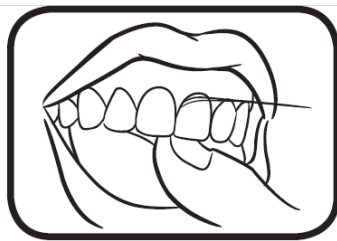
## How to Floss



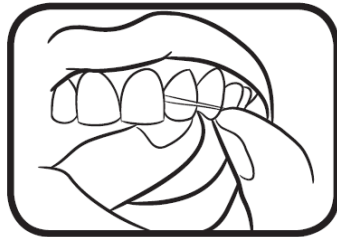
- Use about 18 inches of floss wound around one of your middle fingers, with the rest wound around the opposite middle finger.



- Hold the floss tightly between the thumbs and forefingers and gently insert it between the teeth.



- Curve the floss into a "C" shape against the side of the tooth.



- Rub the floss gently up and down, keeping it pressed against the tooth. Don't jerk or snap the floss.



- Floss all your teeth. Don't forget to floss behind your back teeth.