

# Healthy People

## The American Dental Association provides these tips for a mouth healthy Halloween:

- Eat Halloween candy and other sugary foods with meals or shortly after mealtime.
- Avoid hard candy and other sweets that stay in your mouth for a long time.
- Avoid sticky candies that cling to your teeth.
- Drink more water.
- Maintain a healthy diet.
- Avoid beverages with added sugar such as soda, sports drinks or flavored waters.
- Chew gum that has the ADA Seal
- Brush your teeth twice a day with fluoride toothpaste.
- Clean between teeth daily with floss.
- Visit an ADA member dentist regularly.



### Mouth Healthy Recipe

Be the hit of the Halloween party, or your family's hero, with this fun, easy Halloween treat!

#### Halloween Fruit Apple Teeth Treats

Ingredients:

4 apples, cored and quartered

1 teaspoon lemon juice (optional)

1 package blanched slivered almonds (2.25 ounces)

Directions:

With a small, sharp paring knife, cut a lengthwise wedge from the skin side of each apple quarter, leaving the peel around the wedge for lips. If desired, rub the cut portions of the apple quarters with lemon juice to prevent browning. Poke 5 or 6 slivered almonds into the top and bottom of the cut-out area to make snaggy teeth. Enjoy!

Source: [allrecipes.com](http://allrecipes.com)

