

National Ice Cream Month

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We all scream for ice cream in July since it's National Ice Cream Month!

Dairy products like milk, cheese and ice cream can be a good source of calcium. Unfortunately, some ice cream is made with a lot of sugar, which can cause tooth decay and cavities. If you're craving ice cream on a hot summer day, try buying low-sugar or sugar-free ice cream to cool your palate and keep your teeth healthy.

Here are some more cool ice cream tips:

- To remove some of the sugary residue left behind, brush your teeth after eating ice cream, or rinse with water or mouth wash.
- Hot fudge sundaes are fun, but extras like caramel or syrup tend to add sugar.
- Keep saliva moving those sugars from your teeth by eating ice cream at the end of your meal.

Learn more oral health tips at altusdental.com.