

How to Prevent Cavities

Reduce your risk by practicing healthy oral hygiene habits. These strategies can help fight decay, prevent plaque buildup, and protect your teeth.



Brush twice per day with fluoride toothpaste.



Floss between teeth at least once per day.



Limit how often you snack between meals.



Consume less sugary and acidic foods.



Eat nutritious meals that are rich in fiber and calcium.



Consider getting dental sealants on your teeth.



Chew sugarless or xylitol gum.



Visit the dentist at least twice per year for checkups and cleanings.