

# Easy Oral Hygiene Habits To Fit Into Your Busy Workday

## Keep a travel toothbrush kit with you

Store a small toothbrush, toothpaste, and floss picks in your bag or desk for quick cleanups.

## Choose teeth-friendly snacks

Eat fiber-rich fruits and vegetables, like apples, carrots, and leafy greens, to strengthen your teeth.

## Stay hydrated

Drink plenty of water throughout the day to promote saliva production, prevent plaque buildup, and support your overall health.



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