

# Our teeth: tap water

Plain tap water is the  
best drink for our teeth!

Tap water is  
cheap and convenient

Limit drinks with sugar,  
acid and caffeine

The fluoride in tap water helps  
prevent tooth decay

Drink plain tap water  
every day



For more information, visit:  
[www.sahealth.sa.gov.au/sadental/ourteeth](http://www.sahealth.sa.gov.au/sadental/ourteeth)



Government of South Australia  
SA Health