

SMILES FOR HEALTH

TOPIC: Healthy In = Healthy Out

<u>VIDEO</u>	<u>AUDIO</u>
Animated open	***Voice Over*** <b>Because good dental health benefits more than just a great smile.</b>
Segment topic: "Healthy In = Healthy Out" Segment sub-topic: "Making Smart Food Choices"	<b>"Smiles for Health" is brought to you by United Concordia.</b>
Funder logo: United Concordia 7sec.	
5 sec	***Speaker: Julianna Battistelli, Registered Dietitian*** 01:10:38:18 – 01:10:43:14
6 sec	What you put in your body not only affects your whole internal organs but it affects your teeth also.
5sec	01:12:56:17 – 01:13:02:07 (Number 1,) Choose a variety of crunchy fruits and vegetables (apples, celery, carrots),...
4sec	01:13:08:01 – 01:13:13:11 ...when you're chewing them, they produce a lot of saliva and saliva helps to wash away a lot of the bacteria in your mouth.
2sec.	01:13:17:08 – 01:13:21:07 (A second tip would be) Consume fat free or low fat dairy products daily.
4sec.	01:13:39:12 – 01:13:41:28 Calcium is key for strong teeth
6 sec.	01:11:26:16 – 01:11:30:12 You don't want to choose treats that are going to stick to your teeth
5sec.	01:13:47:19 – 01:13:55:23 A chocolate bar verses (um) a caramel (pause) fresh apple instead of dried fruit.
7sec.	01:15:24:20 – 01:15:29:29 Water is a great beverage to drink because it will not stain your teeth but also it helps to rinse your mouth out.
	01:16:50:23 – 01:16:57:12 Brushing and flossing and a good overall healthy diet will help significantly.

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\*\*\*Voice Over\*\*\*

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