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هذا المشروع تم تمويله من قبل الاتحاد الأوروبي

EAT WELL AND PROTECT YOUR DENTAL HEALTH



Liquids with added sugar such as fizzy drinks, fruit juices, energy drinks

Slow dissolving sugars and sticky foods

Packaged snacks such as *chocolate, cookies, cakes, biscuits, crackers, and crisps*

Fast food and drinks



Food with high protein content (milk and dairy products, eggs, fish, meat, poultry, and seafood)

Oils

Foods rich in fiber (especially raw vegetables and fruits such as apples and pears)

Pulses and nuts (especially peanuts)



For your oral and dental health;

You should brush your teeth for 2 minutes at least twice a day.

You should visit the dentist twice a year.

Experienced healthcare professionals at **Migrant Health Centers** are always there to meet your service needs.

RIGHT PLACE, QUALITY SERVICES

Contact the nearest Migrant Health Centre for more information and support.