

**Caries Self-Management Menu of Options (Also available as a download at [cda.org/CAMBRA2](http://cda.org/CAMBRA2).)**

<p><b>Protective factors</b></p> <ul style="list-style-type: none"> <li>■ Use an antibacterial mouthrinse/ fluoride mouthwash</li> <li>■ Drink fluoridated tap water or fluoridated bottled water</li> <li>■ 2 tsp. baking soda in 8 oz. water for buffering</li> <li>■ Brush at least 2x daily with a fluoridated toothpaste</li> </ul>				
<p><b>Fermentable carbohydrate changes</b></p> <ul style="list-style-type: none"> <li>■ Reduce frequency of processed starchy snacks</li> <li>■ Substitute xylitol-based products for fermentable carbohydrates</li> <li>■ Limit snacking on fermentable carbohydrates to 2x or less outside of meal time</li> <li>■ Reduce frequency of sugary snacks</li> </ul>				
<p><b>Sugar control options</b></p> <ul style="list-style-type: none"> <li>■ Drink water or milk instead of sugar-sweetened beverages; limit to meal time if at all</li> <li>■ Do not add sugar to beverages</li> <li>■ Dilute juice with water; exercise portion control; limit to meal time if at all</li> <li>■ Read nutrition labels for sugar content</li> </ul>				
<p><b>Oral health lifestyle reinforcements</b></p> <ul style="list-style-type: none"> <li>■ Daily plaque removal</li> <li>■ Choose healthful snacks</li> <li>■ Keep all oral health appointments</li> <li>■ Track goal progress</li> </ul>				
<p><b>Self-management goals</b></p> <p>Select two goals, such as buffering or limiting sugary drinks, and number each goal.</p> <ul style="list-style-type: none"> <li>■ Goal 1: How important it is _____ (1–10)      How likely to accomplish it _____ (1–10)</li> <li>■ Goal 2: How important it is _____ (1–10)      How likely to accomplish it _____ (1–10)</li> </ul>				