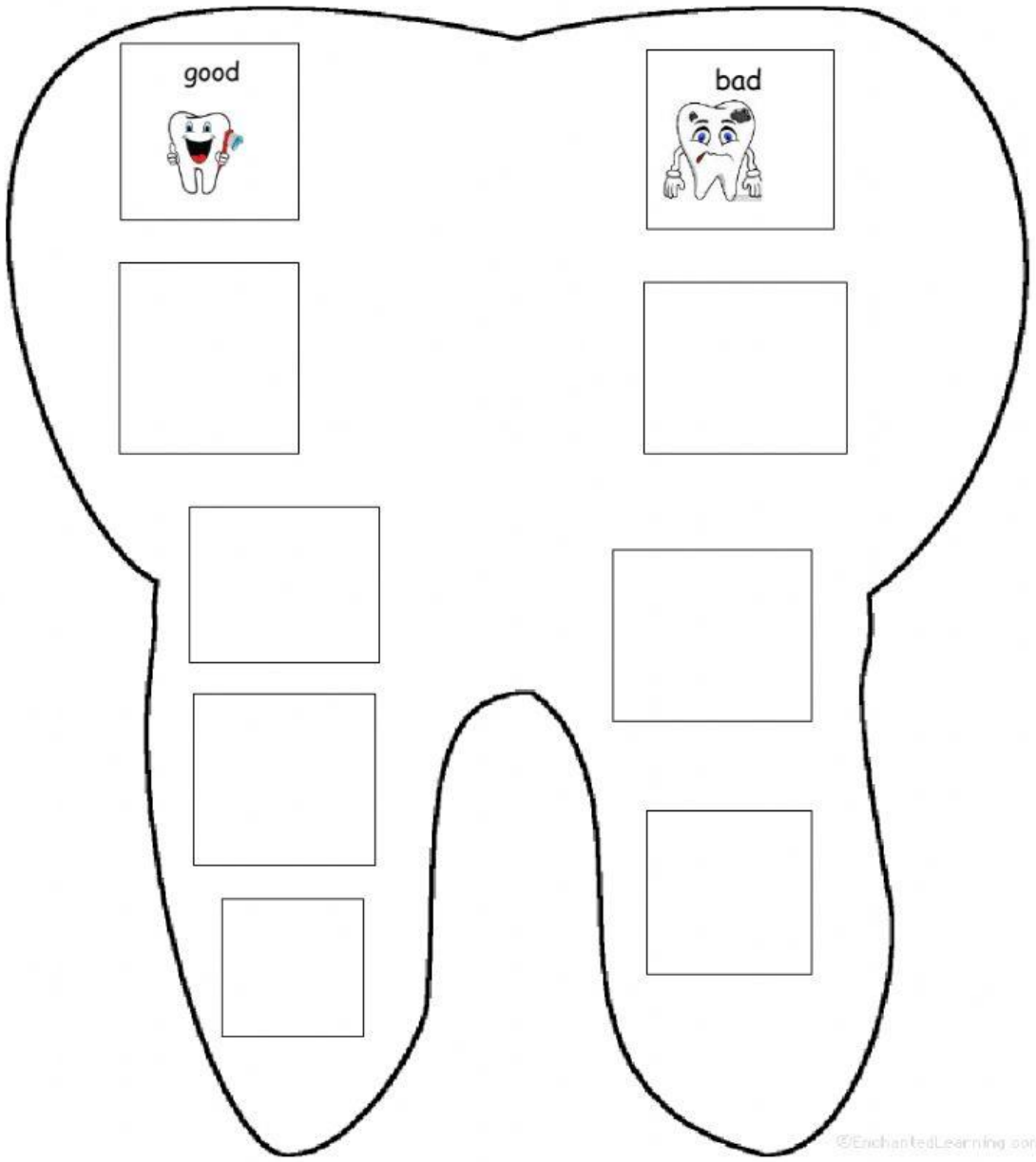Choose the foods that are good and bad for your teeth.