

# Which toothpaste should you use?

The Ministry of Health recommends everyone use a fluoride toothpaste that contains at least 1000 parts per million (ppm) fluoride\* to help prevent tooth decay.

Children can often use the same fluoride toothpaste as adults so long as they use the correct amount for their age. Use a half-pea sized amount of toothpaste for 0-6 year olds, or less if they only have a few teeth, for everyone else, a pea-sized amount is sufficient.

**0-6 year olds:**  
Half-pea sized



**Over 6 year olds:**  
Pea sized



Here are example of toothpastes that contain enough fluoride to help keep your children’s teeth healthy



These toothpastes DO NOT meet the Ministry of Health guidelines

These toothpastes contain little or no fluoride and are not as effective at helping to prevent tooth decay as toothpaste containing at least 1000ppm fluoride.



\*1000ppm fluoride is equal to 0.22% sodium fluoride or 0.76% sodium monofluorophosphate