



Drinking
unsweetened
coffee may
lower your
risk for
heart
disease.

Don't Ruin A Good Thing



Drinking
unsweetened
tea may lower
your risk of
heart disease,
gum disease,
and tooth
decay.



Performance TRIAD
Good Oral Health & Proper Nutrition Work together



U.S. ARMY

LEARN MORE ABOUT THE PERFORMANCE TRIAD:
SLEEP, ACTIVITY, AND NUTRITION.

AT [HTTP://ARMYMEDICINE.MIL](http://armymedicine.mil)



**ARMY
FAMILY**
IS AN UNSTOPPABLE FORCE

