

CHEW ON THIS!

Gum is not just for sticking under desks. Chewing the sugarless stuff is an effective (and yummy) way to fight tooth decay between brushings for the 4-and-older set. "Doing it for 20 minutes following meals increases saliva, which washes away food, neutralizes acids, and allows more calcium and phosphate to strengthen tooth enamel," says Matthew Messina, D.D.S., a spokesman in Fairview Park, OH, for the American Dental Association. While any sugarless gum will do the trick, here are three that we think are totally worth a bite.

BY HOLLY PEVZNER

glee gum

Our kid testers loved this brand's Wild Watermelon ("It's just sweet enough!") and Lemon-Lime ("It's like a SweeTart") flavors, which are free of aspartame and artificial colors. \$1.29 per box; Whole Foods

project 7

A portion of each purchase of this sugar-free gum goes to a worthy cause, such as funding education or fighting hunger. Our little chomper's top flavor? Peppermint Vanilla. \$17 for 12 packs; project7.com

pür gum

This allergen-free and vegan choice is naturally sweetened with Xylitol, which promotes oral health. One kid begged to keep the Coolmint flavor in his backpack! \$5 per pack; pur-gum.com