



Chew on This

Do's and don'ts for healthy teeth

Take care of your teeth by choosing a well-balanced diet. Enjoy a variety of foods, including vegetables and fruits, whole grains, proteins and dairy.

Do...

- > **Boost your calcium and vitamin D intake** to extend the life of your teeth.
- > **Drink fluoridated tap water** to keep your mouth moist, protect oral tissues and wash away bacteria-causing sugars. The added fluoride strengthens enamel.
- > **Munch on raw fruits and vegetables**, like sliced apples and celery sticks, to increase saliva production and cut down bacteria.
- > **Follow meals with xylitol gum** when you don't have a toothbrush handy. The natural sweetener has been found to curb cavity-causing bacteria.¹

Don't...

- > **Snack on soft, sweet and sticky foods** — they stay on teeth and promote decay.
- > **Nibble on simple starches** throughout the day. Reduce the impact of these sugars by only eating starch-packed snacks like crackers, cookies or chips alongside a meal.

¹ Bahador A, Lesan S, Kashi N. Effect of xylitol on cariogenic and beneficial oral streptococci: a randomized, double-blind crossover trial. Iran J Microbiol. 2012;4(2):75-81.

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