



Eat for Your Teeth

5 smile-ready food tips

① **Snack on fiber-rich fruits and vegetables.** Chewing high-fiber foods boosts saliva flow, helping wash away food particles and decrease acid.

Consider: celery, apple slices, carrot sticks

② **Load up on calcium.** A key mineral for strengthening your teeth, calcium also protects your enamel from decay.

Consider: cheese, milk, leafy green vegetables, soy products, calcium-fortified juices

③ **Get enough vitamin C.** A necessary ingredient for healthy gums, vitamin C protects against conditions like gingivitis (inflamed gums) and loss of adult teeth.

Consider: carrots, sweet potatoes, oranges, spinach

④ **Choose sugarless gum.** No opportunity to brush your teeth after a meal or snack? Pop in a piece of gum. By increasing saliva flow, gum can reduce harmful acids and remove food particles. Look for brands with the American Dental Association (ADA) seal, and make sure to dispose of your gum after 15 minutes to avoid overworking your jaw.

Consider: sugar-free gum sweetened with xylitol, a natural sweetener that can prevent decay¹

⑤ **Enjoy a cup of tea.** When you need a boost of caffeine, try tea. As long as you don't add sugar, green and black teas can help control cavity-causing bacteria. These teas may also reduce inflammation and help prevent gum disease.

Consider: switching out your coffee for black or green tea

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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