



DENTAL

# Healthy eating can help protect your dental health



## Tips to help ensure a healthy mouth

Doing these things will help you limit tartar, plaque, cavities, gingivitis and potential bone loss.

- Brush your teeth regularly, after every meal if possible
- Floss daily
- Visit your dentist every six months
- Limit consumption of sugary drinks, candy, and desserts



## Fighting tooth decay

Fighting tooth decay is about more than avoiding certain sugary foods and drinks. It's also about adding healthy foods, vitamins, and minerals to your diet. Consider these foods that have surprising dental health benefits.

- Apples, carrots and other crispy, fresh fruits and vegetables help clean your teeth. They stimulate the production of saliva and, as you chew, the extra saliva reduces tooth decay by lowering the levels of bacteria.
- Calcium is an important nutrient that people need to consume for strong bones and teeth. Good calcium-rich options include dairy products like milk and cheeses, leafy greens, such as broccoli and bok choy, and nuts such as almonds and Brazil nuts, and dried beans.
- There are also many other ways to help dental health. If you chew gum, make sure it is sugarless gum. Chewing gum helps stimulate saliva, which is the natural cleanser of the mouth. You should also drink water with fluoride in it. It's an easy way to add a powerful cavity fighter to your diet.

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