



Diet and Oral Health



Overview

We all know proper brushing and flossing promotes good oral health. But did you know what you eat and drink can be as important to your teeth as your oral care routine? Unhealthy foods and drinks raise your risk for tooth decay. So let's learn about good dietary choices, and some things you should avoid.

Choose these

For healthy teeth and gums, eat a well-balanced diet that gives you all the recommended nutrients your body needs. Choose whole grains, lean sources of protein and fresh fruits and vegetables. Dairy products are packed with calcium and protein, so they're great for your teeth. And make sure you're drinking plenty of water every day.

Avoid these

What should you avoid? Stay away from sweet drinks, including soda, juice and sports drinks. Avoid sticky, sugary foods. Avoid hard candies, because they can break your teeth. Don't eat too much citrus, because the acid in these fruits can erode your teeth's outer layer. And try to avoid a lot of snacking between your meals. Snack foods tend to get trapped in your teeth. They can stay there throughout the day, which can lead to cavities.

Conclusion

Maintaining a healthy diet is the first step in good oral health. Talk to your dentist for more information.