SIMPLE TIPS
TO MAKE BETTER FOOD CHOICES FOR YOUR TEETH

The best foods and drinks for your dental health are the same foods encouraged for your overall health. While you can still enjoy the occasional treat, following these simple tips will help protect your teeth.

Sugary food and fizzy drinks are bad for teeth

Limit sticky, starchy food
Candies like caramels and licorice stick to teeth while starchy foods like chips get trapped between teeth.

Think about what you drink
Carbonated drinks are loaded with sugar and contain acid that erodes tooth enamel. Fruit juice and alcohol also contain acid. Every teaspoon of sugar added to your coffee or tea adds up. Even milk contains sugar.

Plain water is best
To help remove acid and sugar that can cause cavities, rinse your mouth with plain water after you eat or drink. Remember to clean your teeth thoroughly twice a day.

Watch out for sticky food

Some healthier snacks are still not good for your teeth
Granola bars, dried fruit and fruit leather stick to teeth. It's best to limit sugary foods to mealtimes, when your mouth makes more saliva, which reduces acid.

Avoid constant snacking
Grazing throughout the day, especially on sugary treats and drinks, leaves your mouth constantly bathed in sugar. This creates a perfect environment for bacteria.

Choose tooth-friendly snacks
If you need a snack choose tooth-friendly foods such as cheese, nuts, whole fruit or raw vegetables. Consider chewing sugarless gum afterward to increase saliva flow and remove food and acid.

Healthy choices

Choose more natural foods
Fresh fruits and vegetables and lean protein are better options than packaged, processed food.

Eat a balanced diet
A well-balanced meal includes nutrients from all food groups including calcium-rich foods, lean protein, nuts, whole fruits and vegetables, and whole grains.

Suggested snacks
- Cheese
- Cottage cheese and fruit
- Veggies with hummus or yogurt-based dips
- Yogurt with less than 15 grams of carbohydrates per serving
- Nuts or trail mix and popcorn
- Whole-grain crackers or pita
- Hard-boiled eggs

Ask your dentist or visit **yourdentalhealth.ca**