

# FOOD FOR YOUR ORAL HEALTH



Maintaining good oral health is essential for overall well-being. The foods we eat greatly influence the health of our teeth and gums. While we often focus on diet trends for weight management or general wellness, it's important to consider their impact on oral health too. By including nutrient-rich, tooth-friendly foods in our diet, we can promote strong teeth, healthy gums, and a radiant smile.

Here's a curated list of foods that positively impact dental well-being. So, here's the inside scoop:



## DAIRY

We're looking at you cheese, milk and even mashed potatoes! Dairy products are low in both acid and sugar. This is good for your teeth and provides calcium, which helps strengthen teeth. Certain kinds of cheese, like cheddar and Swiss, assist with saliva flow which washes food particles away from your teeth.

## HIGH-FIBER FOODS

These act like "nature's toothbrush." Now that sounds cool! Bring on the fresh fruits (bananas, apples, oranges). In addition to being high in fiber, sweet potatoes also support a healthy digestive system and healthy vision, by helping form light-detecting receptors inside your eyes. Our popular green friend avocado also provides super-powered defense against tooth decay and inflammation, and assists in oral cancer prevention. We can't forget our vegetable friends (brussels sprouts, peas) and those helpful legumes like peanuts and lentils. High-fiber foods help create mineral defenses against cavities, thanks to saliva production. A lot of these foods are also high in antioxidants and other nutrients known to reduce inflammation and help the body fight bacteria.

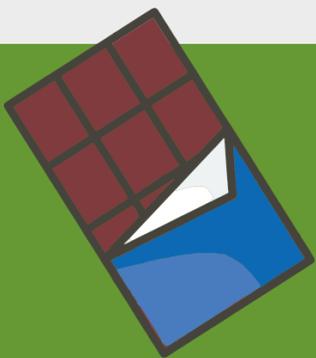


## CALCIUM-RICH FOODS

Calcium provides great support to your oral health. It can be found in seafood (salmon, oysters, shrimp), as well as in cauliflower, nuts, and olives. These foods help produce more saliva and put minerals back in your teeth that you may have lost during eating.

## FOOD CONTAINING MAGNESIUM

Magnesium is important for increasing bone and teeth health. It helps regulate other nutrients like calcium, vitamin D, and phosphorus. Consider eating whole grains, dark leafy green vegetables, low-fat milk, and yogurt. Whole grains are also high in magnesium and fiber. This includes whole-grain cereals and pasta.



## DARK CHOCOLATE

Milk and white chocolate are tough to resist. But dark chocolate is also a great treat and a much healthier option on top of that. It is made of around 70% cocoa beans which contain tannins, polyphenols, and flavonoids. This gives dark chocolate its strong antioxidant properties. They benefit your mouth and teeth in a similar way to fluoride. Break off a piece today!

## TURKEY

Have you heard the word about the bird? Turkey is high in protein and works in tandem with food rich in calcium and vitamin D. This helps keep your teeth and bones strong.

