



Consider some
action-packed
foods to protect
your dental health



You probably know the basics of a healthy mouth:

- 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

If you do all of these, you'll be limiting tartar, plaque, cavities, gingivitis and potential bone loss. But what else you should do, is keep an eye on your diet and maybe even step up your dietary game by eating foods that can make a positive difference in your dental health.

Fighting tooth decay is about more than avoiding the bad 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 helps prevent tooth decay and can be found in milk, yogurt, and cheese. You can get all the calcium you need even in low-fat dairy options. Other calcium-rich options include leafy greens, such as broccoli and bok choy, and almonds, Brazil nuts, and dried beans.
- There are also many liquid ways to help dental health. Drinking green or black tea delivers naturally occurring fluoride to the mouth that can help protect teeth. Black tea can stop the growth of an enzyme that helps plaque adhere to teeth. When you reduce the amount of plaque, you increase the health of your teeth. 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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