

YOUR SMILE & ORAL HEALTH



NUTRITION AND ORAL HEALTH

Everyone knows that good health and a feeling of overall wellness rely in large part upon eating a balanced diet. A diet that is low in nutritional value can affect every aspect of your well-being, including your oral health. That is why, in addition to good oral hygiene and routine dental care, a sensible and nutritious diet is essential to maintaining a healthy and vibrant smile.

While some foods and drinks can be harmful to your oral health, other foods that are rich in nutrients can help to keep your teeth and gums

strong, thereby boosting your resistance to dental disease. Conversely, a diet that is low in nutrients can decrease your resistance to infection as well as accelerate the progress of dental disease. For children especially, a good diet is important for the development of strong and healthy

teeth.

As everyone knows, foods and drinks that are high in sugar are bad for your teeth. Frequent consumption of sweet food and beverages increases your risk of developing tooth decay. This is because harmful bacteria metabolize the sugars in food to produce acids that can erode your teeth to cause cavities. Along the same lines, acidic

foods and drinks can also cause damage your teeth.



Smart snacking is important. Satisfying your urge to eat in between meals means choosing

to munch on raw vegetables, fruits, cheese or other healthy foods over sugary treats. Of course, it is always a wise idea to brush or rinse your mouth after snacking to remove food particles from your teeth and gums.

Foods that are especially good for your dental health are ones high in

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the minerals calcium and phosphorous as well as foods rich in vitamins D and C. Furthermore, crunchy fruits and vegetables that are high in water produce more saliva and allow for better cleansing of the teeth. Naturally, it's always a good idea to drink lots of water.



Other components of foods can also help to combat dental plaque and the bacteria it harbors, reducing their effects on your oral health. Foods that are rich in antioxidants are valuable in defending against the bacteria that cause inflammation and gum disease. Probiotics may help to decrease the accumulation of dental plaque to support healthy gums. In addition, other dietary elements such as anthocyanins, arginine, and polyphenols may benefit oral health because of their potential to disrupt the formation and prevent the attachment of dental plaque, as well as slow bacterial growth to prevent

dental disease.

Your dentist is an excellent resource for the most reliable and useful information on maintaining a healthy smile. In fact, providing nutritional guidance and oral hygiene instructions is all part of an effective program of preventive care. Remember, by making wise food choices; you can support your dental health and overall well-being.