

# How to Eat for Your Teeth

## 5 smile-ready food tips



**1** **Snack on fiber-rich fruits and vegetables.** Chewing high-fiber foods boosts saliva flow, helping wash away food particles and bacteria.

**Consider:** celery, apple slices, carrot sticks

**2** **Load up on calcium.** A key mineral for strengthening your teeth, calcium also protects your enamel from decay.

**Consider:** cheese, milk, leafy green vegetables, soy products, calcium-fortified juices

**3** **Get enough vitamin C.** A necessary ingredient for healthy gums, vitamin C protects against gum disease and loss of adult teeth.

**Consider:** carrots, sweet potatoes, oranges, leafy greens

**4** **Choose lean proteins.** Phosphorus-rich foods strengthen your teeth and provide valuable protein. These foods help protect and rebuild your tooth enamel.

**Consider:** meat, poultry, fish, milk, eggs

**5** **Enjoy a cup of tea.** When you need a boost of caffeine, try tea. As long as you don't add sugar, green and black teas can help control cavity-causing bacteria. These teas may also reduce inflammation and help prevent gum disease.

**Consider:** switching from coffee to black or green tea

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