

M O U T H I N G O F F

DO'S and DON'TS for GOOD ORAL HEALTH

We all know that brushing your teeth twice a day, flossing and visiting your dentist regularly is key to good oral health. But what you eat and drink plays an equally important role.

Here are a few simple steps to practice:



DO. EAT YOUR FRUITS AND VEGGIES

These foods provide you with fiber and an extra dose of H2O. This combination helps balance the sugars in your mouth while activating an increase in saliva as you chew, washing away acids that build up in your mouth.

DON'T. CHOMP DOWN ON HARD CANDIES

Steer clear of hard candies. Not only are these candies filled with sugar, but they also put your teeth at risk for chipping and breaking when you chew on them.



DO. MILK IT

Dairy products such as milk, yogurt and cheese are rich with calcium and protein – and low in sugar – helping to strengthen your teeth.

DON'T. GET TOO STICKY

Beware of sticky foods – even the healthy ones – because they're hard to unstick! Whether you're eating candy or dried fruit, be sure to rinse out your mouth afterward and brush as soon as possible.



DON'T. CONSUME SUGARY FOODS

Eating foods high in sugar and drinking sugar-based drinks can have a significant negative impact on your teeth. Reading food labels is as important to your oral health as it is to your overall health.

GOOD PRACTICES CAN HELP AVOID:



TOOTH DECAY

a preventable disease that occurs when plaque combines with sugar and causes acid to eat away at your teeth.



GINGIVITIS

the first sign and only treatable stage of gum disease. Symptoms include redness, tenderness and easy bleeding of the gums.



GUM DISEASE

an infection caused by plaque that affects the tissues in your mouth.

DO. FILL UP ON WATER

Drinking water helps wash food and other particles out of your mouth, neutralizing the acid that plaque feeds on.



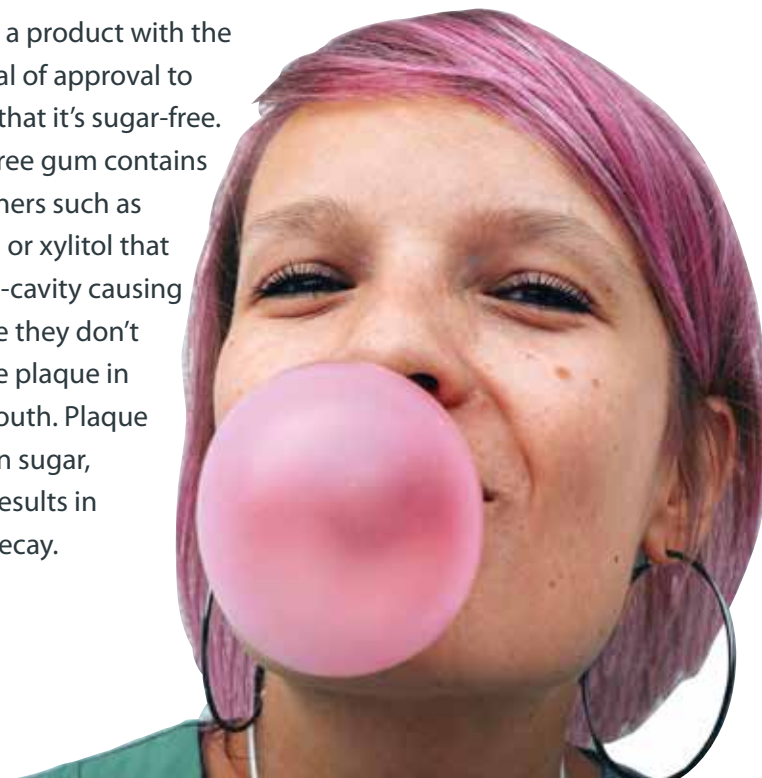
DON'T. CRUNCH THE ICE

Grinding down on ice can damage your enamel or cause chipping or cracking.

DO. CHEW GUM

Chewing gum increases the flow of the saliva in your mouth, which helps keep food and bacteria from getting stuck in your teeth. Saliva production also increases the calcium and phosphates in your mouth, which help strengthen tooth enamel.

Choose a product with the ADA seal of approval to ensure that it's sugar-free. Sugar-free gum contains sweeteners such as sorbitol or xylitol that are non-cavity causing because they don't feed the plaque in your mouth. Plaque feeds on sugar, which results in tooth decay.



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