



BEST FOODS FOR HEALTHY SMILE

AND WHOLE BODY

The difference between a healthy smile and frequent visits to the dentist or doctor has a lot to do with your diet. This means maintaining a balanced diet of fruits, vegetables, protein foods, calcium-rich foods and whole grains for a healthy smile and whole body.



Cheese, Milk, and Yogurt

Rich in calcium, dairy foods are some of the best foods for healthy teeth for a number of reasons. They are low in sugar and high in calcium and contain casein, which is a protein that helps in fortifying tooth enamel.

Celery, Carrots, and Other Crunchy Veggies

Crunchy veggies and fruits that contain lots of water are great natural teeth cleaners because they stimulate the flow of saliva, which helps to scrub away food particles and bacteria. They are usually also packed with vital nutrients.



Nuts

Nuts are packed with important elements like calcium and phosphorus. Especially beneficial are almonds, Brazil nuts and cashews, which help to fight bacteria that lead to tooth decay.

Strawberries and Other Vitamin C Rich Produce

Vitamin C is an antioxidant that aids in growth and repair of tissues in all parts of your body including teeth. Teeth dentin depends on vitamin C for maintaining its strength and structure through synthesis.



Whole Grains

While simple carbohydrates can stick to your teeth and contribute to the formation of cavities, that's not the case for whole grains. Whole wheat bread and pasta, brown rice, oatmeal and other whole grains are healthier choices because they have complex carbohydrates which give bacteria less digestible food for them to grow.

Fluoridated Water

Drinking water with fluoride is one of the easiest and most beneficial things you can do to help prevent cavities. In addition to its whole body benefits, water helps wash away food particles and keeps your saliva levels high - both good for fighting off bacteria and plaque.



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