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 decreasing acid.
   **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, spinach

4. **Choose lean proteins.** Phosphorous-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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