Chew on This

Do’s and don’ts for healthy teeth

Take care of your teeth by choosing a well-balanced diet. Enjoy a variety of foods, including vegetables and fruits, whole grains, proteins and dairy.

Do...

• **Boost your calcium and vitamin D intake** to extend the life of your teeth.

• **Drink fluoridated tap water** to strengthen enamel and wash away bacteria-causing sugars.

• **Munch on raw fruits and vegetables** like apples and celery sticks to increase saliva and cut down bacteria.

• **Fill your diet with bright, vitamin C-rich foods** like sweet potatoes, raw red peppers and oranges to help prevent bleeding gums and loose teeth.

Don’t...

• **Snack on soft, sweet and sticky foods** that stay on teeth and promote decay.

• **Nibble on simple starches** throughout the day. Avoid starchy snacks like crackers, cookies or chips.

• **Sip carbonated drinks** loaded with sugar that can also erode and stain your tooth enamel. Choose healthier drinks like water or milk.