

# NUTRITION AND DIET FOR HEALTHY SMILES



- How often you have sugary foods and drinks is more important than how much sugar you have in one meal.
- Eating a healthy and well-balanced diet is important for keeping your teeth and mouth healthy.
- Foods and drinks that have lots of sugar increase your chance of developing cavities.
- Eating sugary foods creates an acidic environment in the mouth, which can increase tooth decay.
- Eating a package of raisins or candy, sucking on a hard candy, or sipping on sugary coffee or juice over several hours is much worse than having the food or drink quickly.
- The more frequently you eat sugar, the more opportunities there are for cavities to form.
- Fresh fruits are good for your teeth, but dried fruits are sticky and have lots of sugar which can cause cavities.

## Milk and Dairy

- Milk and dairy products have high amounts of calcium, phosphate and proteins that can help prevent cavities.
- Not all dairy products are the same!
  - Cheese and unsweetened yogurt contain less sugar than milk.
  - Chewing hard cheese is especially good for teeth.
- Sweetened milk is preferred to other sweetened beverages, such as pop because it has more nutrients.
  - Only have sweetened milk products, including chocolate milk, in moderation.



## References

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