

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 bacteria.

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, leafy greens

4 **Choose lean proteins.**
Phosphorus-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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