

For a Healthy Smile

Choose Foods Carefully.

FOOD TIPS FOR HEALTHY TEETH

- **Eat sugary, starchy, or sticky foods with a meal.**
- **Drink water to wash them down.**
- **End a meal with crunchy fruits or vegetables that “scrub” your teeth.**
- **If you cannot brush, chew sugar-free gum to help clean teeth.**
- **Limit between-meal snacks.**

Instead of . . .	Choose these healthy foods	Because . . .
Candy or fruit roll ups Cookies	Fresh, juicy fruits like apples and grapes Raw, crunchy vegetables like carrots	Foods that stick to teeth can cause cavities. Raw veggies increase saliva to “wash” food and harmful acids from teeth.
Chips	Plain popcorn	Chips break down to sugars in the mouth and can cause cavities.
Crackers	Cheese and yogurt	Foods high in calcium and protein build strong teeth and protect enamel.
Pretzels	Nuts and seeds	Nuts and seeds are packed with nutrients and do not break down to sugars in the mouth.
Soda pop, sweetened drinks	Water, low-fat milk, unsweetened juice	Liquids may not seem sticky, but the sugar in drinks stick to teeth. It breaks down into acid that destroys teeth.