



Diet Tips for your Teeth

Foods and drinks have a direct impact on your risk for cavities. These tips can help you avoid these risks and optimize your oral health.

Beverages

- Drink lots of water every day. Water is helpful to rinse your teeth of debris, and also balances your mouth's pH.
- Avoid acidic beverages. This includes soda, juice, coffee, energy drinks, alcohol, and tea. If / when you drink acidic beverages other than water, drink them quickly so the liquid doesn't sit on your teeth and cause damage. This is opposed to sipping on them all day.
- After eating or drinking non-water beverages, it is beneficial to rinse/drink water after to help neutralize the pH in your mouth. An acidic pH contributes to the formation of cavities.

Foods

- When carbohydrates sit uncleaned on your teeth, they become food for germs that ultimately develop into cavities. Brushing or water rinsing after every snack/meal helps to remove food debris.
- Reduce over consumption of processed carbohydrates to prevent cavities. This includes overly sugary or starchy foods like crackers, candy, sodas, chips, pretzels, and anything else with added sugar.
- Always keep your teeth shiny, clean, and clear of debris. Keeping a floss with you is always a great idea for quick cleaning after meals on the go.
- Consume lots of healthy, whole foods like fruit, vegetables, leafy greens, and calcium rich foods like broccoli. Whole foods provide fiber, nutrients, and antioxidants to keep your teeth (and overall body) strong.

We invite you to contact us with questions!