

# THE BEST AND WORST FOODS FOR YOUR TEETH

Are the foods you're eating and drinking supporting a healthy smile? Here are the best and worst foods for your dental health.

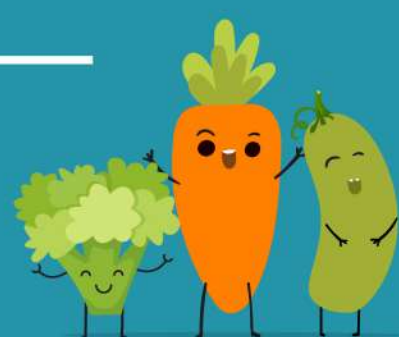


Foods rich in **calcium, vitamins A & D, phosphorous and fiber** strengthens and protects your teeth and gums. Foods that generate **saliva** and require some crunching help **rid teeth of stains and prevent decay**. Lack of minerals, fat soluble vitamins (A, D, E, K), too much consumption of processed sugar and phytic acid-rich foods contribute to tooth decay.

## The Best Foods

### Crunchy Saliva Boosters

**Celery, carrots, cucumbers** and other crunchy veggies forces you to chew more and in turn produces more saliva. **Saliva acts as a personal mouthwash**, keeping the tissues healthy, gets rid of food particles in teeth and gums and **helps fight cavities**.



### Mineralizers



**Chia seeds** contains vitamin A, calcium, fiber and phosphorus which are good for the teeth.



Organic dairy foods like low sugar **goat milk kefir**, organic grass-fed butter and raw cheeses are loaded with calcium, vitamin K2, D, magnesium, phosphorus and casein, a protein that strengthens and repairs tooth enamel.



Organic bone broth, eggs, grass-fed meats are also great options for fat soluble vitamins and minerals.

## The Worst Foods



### Sugar

Kick that sugar addiction. Sugary foods also include **dried fruits and juice**. Not only does sugar feed oral bacteria but it's also highly acidic and can demineralize your teeth, causing dental decay.

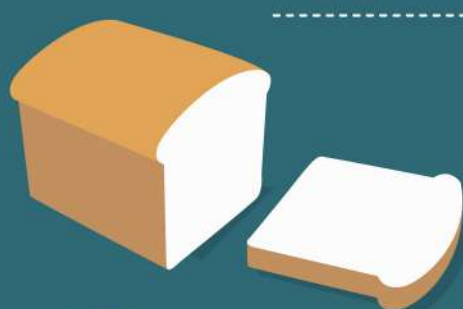
**Tip:** Try **stevia or raw honey** in moderation instead. If you must have sugar, brush about 30 mins afterwards to minimize the residual sugar and drink a lot of water to dilute the remaining.



### Acidic Foods

such as **soda drinks, pickles, citrus juice, coffee** and sports drinks.

**Tip:** Dilute the juice in water and use a stainless steel straw. Enjoy the acidic food quickly to prevent the acids time to settle down on the teeth and rinse with water afterwards.



### White Bread

Processed foods and white flour gets easily converted into sugar and sticks easily into the crevices of your teeth, inviting bacteria.

**Tip:** Rinse mouth with baking soda mixed in with water after consuming an acidic drink or food. Don't brush your teeth right before or after drinking an acidic drink.