

Healthy People Dental

Want a Healthier Smile???

Did you know that certain foods naturally cleanse your teeth as you eat them? Since oral health can be greatly affected by nutrition the AACD has provided the following list of foods for a healthier smile.

Ingredients to keep your smile in tip top shape:

- Basil: a natural antibiotic, reduces bacteria in the mouth.
- Broccoli: Forms an acid-resistant film on teeth that can help prevent enamel erosion.
- Carrots: Full of Vitamin A which is absolutely necessary for the formation of tooth enamel. This and all crunch vegetables also cleanse and stimulate your gums, making them healthy.
- Celery: Activates saliva production which assists in cleansing food particles from the teeth and dilutes sugars or acids in the mouth. Chewing celery also massages the gums.
- Ginger: An anti-inflammatory to support healthy mouth tissue.
- Green tea: contains an antioxidant called catechin which reduces bacteria growth that causes gingivitis.
- Kale or Chard: high in minerals that support tooth structure.
- Kiwi: pack more vitamin C than any other fruit. A lack of Vitamin C can break down the collagen network in your gums, making them tender and more susceptible to bacteria and gum disease.
- Lemon: a natural "whitener" and assists with pH balance in the body.
- Onions: contain sulphur compounds and reduces certain bacteria that cause tooth decay.
- Pineapple: helps you produce extra saliva. Combine that with citric acid and you have an all-natural bacteria fighting mouthwash. Also contains Vitamin C and the enzyme Bromelain promoting a healing alkaline response in the mouth.
- Quinoa: pronounced "KEEN-wah" is a super grain with a load of minerals including Calcium, Magnesium, Manganese, and Phosphorus to strengthen teeth.
- Salmon: a great source of Vitamin D making it easier for teeth to get the full power of calcium from foods you are eating.
- Sea salt: offers a blend of minerals needed to mineralize and strengthen teeth. Himalayan or Celtic is suggested.
- Sesame seeds: these "little scrubbers" reduce plaque, and due to their calcium content provide a necessary mineral for teeth. Nuts in general have a high pH, thus are protective for teeth by managing pH balance in the mouth.
- Shiitaki mushrooms: contain a sugar called Lentinan which prevents mouth bacteria from growing.
- Stevia: a natural sweetener that does not have an "acid effect" on your teeth like sugar.
- Strawberries: great "scrubbers", high in fiber and lots of Vitamin C, which is great for gum health.
- Wasabi: A Japanese version of horseradish, which contains compounds called isothiocyanates to arrest bacteria growth.
- Xylitol: a sugar substitute that studies show prevents tooth decay. It is very beneficial in gum and mint form.



Healthy Mouth Recipe

Homemade Anti-Cavity Mouth Rinse

A refreshing and cost-effective alternative to store-bought mouthwash.

Ingredients:

8 oz. water

1/2 teaspoon baking soda

1/4 teaspoon peppermint oil extract or your favorite flavor

2 teaspoons PreviDent GEL (1.1% Sodium Fluoride*)

1-1/2 teaspoons xylitol (Note: Raw xylitol can be found in most health food stores including Whole Foods and is available online)

Directions: Blend ingredients together with an immersion blender or regular blender. Store in an air-tight container in the refrigerator.

Use: Rinse with about 2 teaspoons for 1 minute, 1-2 times per day after brushing. For best results, do not eat, drink or rinse for 30 minutes after expectorating. Do NOT swallow.

*Sodium Fluoride is available from your pharmacist

Smile tip:

Xylitol is a sugar substitute that studies show prevents tooth decay. Sodium Bicarbonate (baking soda) helps neutralize the tooth-eroding acid that cavity-causing bacteria produce. Fluoride aids in re-mineralizing tooth structure.