Foods for Oral Health

Oral health is important to protect the surface of natural teeth and avoid bacterial infections. Daily oral hygiene practices and certain foods and drinks can promote good oral health. Following these guidelines will also help your mouth feel clean and foods will taste their best.

Foods and Drinks to Avoid

- Coffee – coffee is acidic and stains teeth
- Soda – regular and diet soda can cause tooth decay
- Wine – red and white wine contain erosive acid and stains teeth
- Hard and Chewy Candy – sugar promotes bacterial growth which leads to dental caries
- Sticky foods – sticky foods stay in the mouth longer and promote bacterial growth
- Starchy foods – foods that contain a lot of starch like potato chips, increase plaque build up
- Citrus Fruits and Juices – high citrus content kills tooth enamel over time. Be sure to drink water after eating citrus fruits and juices to lessen the effects.

Foods and Drinks that Promote Good Oral Health

- Water – drinking plenty of water flushes sugar and acids off your teeth
- Strawberries – this fruit contains a substance that is a natural enamel whitener
- Spinach and Leafy Greens – fiber in these foods scrub your teeth as you chew them
- Dairy Foods –milk, cheese, and yogurt have calcium and helps form a protective layer on your teeth
- Apples and Pears – apples act as natural teeth scrubbers and pears help reduce the effects of acids in your mouth
- Celery – the fiber in this vegetable helps you create more saliva which washes away acids created by bacteria in your mouth
- Sugar Free Gum – chewing gum also promotes saliva production