

## Cariogenic Foods

### BAD Guys

(Promote the development of tooth decay)

#### Sticky candies and Sweets



Avoid sucking on hard candies like lollipops, caramels, cough drops or mints. They have enough sugar to increase the acid produced by bacteria to decay levels. Use the sugarless varieties of mint & candies or go for those that clear out of your mouth quickly or chocolate is a better option.

#### Starchy and sticky food



Soft breads and potato chips can get trapped between the teeth. Make sure to rinse with water after and to brush and floss carefully

#### Sweetened Beverages



Limit the amount of soft drinks or any sugar-containing drinks. Fruit juices contain natural sugars. Limit the amount of time you take to drink and avoid sipping them throughout the day.

## Cariostatic Foods

### Good Guys

(Inhibiting the development of caries)

#### Milk and dairy products



Help protect tooth enamel by counteracting acidity or by providing the calcium and phosphorus needed to remineralize teeth

#### High-Fiber Fruits and Veggies



Firm fruits like apple, cranberries & veggies like beans, sprouts, spinach stimulate the flow of saliva, which washes harmful acids & food particles from the teeth plus saliva contains calcium and phosphate that remineralize the teeth.

#### Green and Black Tea



Tea has fluoride that can strengthen tooth enamel. **Polyphenols** such as tannins in cocoa, coffee, tea may have antibacterial factors and helps protect against decay.

#### Sugar Free Gums



Gums like sorbitol, xylitol stimulate saliva, increasing the clearance of sugars and other fermentable carbohydrates from the teeth, also increases buffer activity, increases pH, and enhances



# Heathy eating for oral health



- **Fruits & Veggies:** High in fiber & water, stimulate saliva that washes away acids. May contain vit C , A & calcium.
- **Whole Grains:** High in fiber, provide protein B vitamins and iron- help keep gums healthy, magnesium – an important ingredient for bones & teeth.
- **Lean proteins:** Phosphorus-rich foods such as meat, poultry, fish, milk and eggs help to strengthen teeth and contain valuable protein
- **Milk, Yogurt and Cheese.** Calcium and Phosphate increases saliva flow, which reduces enamel demineralization, neutralizes acids formed in plaque and flushes away sugars.
- **Water:** Especially fluoridated water helps to make teeth more resistant to the acid that can cause cavities and strengthens enamel

## SOME FOOD COMBINATION AND SNACK IDEAS



Low fat milk drinks



Yogurt and fruit mixes and drinks



Blended fruit and milk shakes



Cottage cheese and fruit or fruit gelatin



Bagels with peanut butter and cheese



Crackers with peanut butter and cheese



English muffin with cheese /chopped veggies



Vegetable bread/muffins (carrot, zucchini)



Tortilla with cheese, refried beans, taco sauce



celery with cream cheese



Dark chocolate -70%