

## 5 Ways Your Diet Affects Your Dental Health

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HEALTH

What you eat has a big impact on your overall health, so it's no surprise that your diet also affects your dental health. Nutrients found in vegetables, fruits, legumes, and nuts help fight bacteria and inflammation better, protecting your teeth and gums.



Here's a look at 5 Ways You Can Improve Your Diet for better Dental Health:

### 1. Acidic Foods Lead to Prevent Periodontal Disease and Tooth Decay

Acidic foods make your teeth weak. A lot of people think acids are like vinegar or lemon juice, but actually, any time you consume something with sugar, it's actually acid on your teeth. Your mouth contains bacteria that start metabolizing to sugar, about a second after you put it in your mouth. And immediately it becomes sick and it starts working against your teeth, weakening your tooth enamel. This makes it easier for periodontal disease and tooth decay to build a home on your teeth.

### 2. Skip Eating Sweets and Sticky Foods

Cavities love feeding on a diet rich in sugary and sticky foods. Such a diet is linked to poor oral habits when cookies, candies, and drinks become a sought-after staple. Limit foods like molasses, honey, and raisins as well as starchy foods like potato chips and bread to prevent cavities from damaging your teeth.

### **3. Produce Sufficient Saliva**

Your mouth needs to produce enough saliva every day to keep the food particles and bacteria out of the mouth. If your mouth does not produce enough saliva, it makes it more difficult to break down food and keep debris away from your teeth and gums. Eating foods that are high in salt could affect the amount of saliva produced by your mouth, will leave your mouth dry and will stop breaking food particles down. Not drinking enough water is also a significant reason why your mouth isn't producing enough saliva. Make sure you keep a bottle of water at your work desk or if you're at home, it's even easier to reach out to that fridge door.

### **4. Stay Away from Teeth-Staining Drinks to Control Mouth Acid and pH Levels**

You may already know that cavity-causing bacteria feed on the sodas, chocolate milk, and candy. Sugars converted to acid, which attacks the tooth enamel and causes tooth decay. Acidic foods and drinks such as carbonated beverages, citrus fruits, wine, pickles, and honey can cause the tooth enamel away, making teeth sensitive, cracked and discolored.

### **5. Eat a Balanced Diet**

Gums are sensitive in nature and need a lot of care and nurture. Here are certain foods that may help you have healthy and strong gums.

- **Nuts and Seeds**

Nuts and seeds are slightly coarse in texture. They help in removing plaque and stains from your teeth. The omega-3 fatty acids in walnuts and flax seeds can help in lowering the risk of gum disease.

- **Vitamin C**

The high amount of vitamin C found in lime, oranges, and berries can help in protecting the gums from infections.

- **Milk**

While calcium in milk fortifies your teeth, the protein casein helps to reduce the levels of acid in the mouth, thereby reducing gum corrosion.

- **Aloe Vera**

Aloe vera contains anti-inflammatory properties. It also contains salicylic acid, the base material for aspirin, so it is useful for general aches and pains. It is also a beneficial treatment for gingivitis, an inflammatory condition of the gums.

- **Cranberries**

Chewing dried cranberries thoroughly releases their gum-protecting properties while giving your gums a gentle massage.

- **Apple**

Apples are a great source of fiber that acts as a cleansing agent. The malic acid in apples boosts saliva production, keeping bacteria away.

- **Thyme**

Thyme has strong anti-bacterial properties. Thyme made into a tea makes a great beverage to treat sore throats and gum disease.

- **Green Leafy Vegetables**

Fiber-packed leafy vegetables are good for both healthy teeth and gums. The extra saliva produced by continuous chewing of these high fiber foods neutralizes mouth bacteria and keeps your mouth clear of the gum-destroying disease.

About author:



**Emily Taylor found the perfect fit for herself as the Online Marketing Manager at Thurman Orthodontics in Fresno CA as she believes that a great smile does more than just make a person look great – it makes them feel great as well. The power of a smile has always been a mystery to Emily and she loves researching and writing about it. She loves to write about everything to do with a healthy bite and a beautiful smile - whether is it ways to achieve it or the importance of it in the various aspects of life. What brings a big smile on Emily's face is her family and surfing. She also likes to bake and her children and co-workers call her the cookie fairy!**