

Healthy Smiles Tip:

Dieting: Why some diets may damage oral health

On your way to a trimmer waistline, don't short-change your teeth and gums. Whatever diet you choose, take extra care of your oral health by supplementing your diet with multivitamins and drinking extra fluoridated water. Talk with your dentist or physician about any possible health affects of the diet you have chosen.

For your oral health's sake, avoid quick fix diets

- Nutritious foods and beverages are needed for healthy teeth, gums and bone.
- Fad diets with lots of fruits that are full of natural sugars can promote decay and erode tooth enamel.
- Diet pills may increase the risk for cavities by reducing the saliva flow that helps neutralize the affects of plaque acids.
- Crash diets, fasting and anorexia can lead to deficiencies of nutrients and minerals, including calcium, needed for healthy teeth and bone.
- Poor nutrition can affect the immune system and increase the risk of periodontal disease.
- A dental health professional should be consulted if you are unsure how a diet may affect your oral health.

- Well-balanced eating habits recommended by reputable health organizations are best for maintaining good oral health.

What you can do

- Eat a balanced diet to maintain good oral health throughout life.
- Choose foods from each of the five major food groups: breads, cereals and other grain products; fruits; vegetables; meat, poultry and fish; and milk, cheese and yogurt to keep teeth, gums and bone healthy.
- Limit in between meal carbohydrate snacks, like candies and soda containing sugar, and complex starch foods like chips, pasta, breads and bakery, that can promote tooth decay.
- Have regular dental checkups, get dental sealants if needed, floss and brush with a fluoride toothpaste, and drink fluoridated water.

For more oral health information, please visit our Web site at deltadentalmn.org



Delta Dental Plan of Minnesota