

Diet and Your Dental Health

- 1. Why are the nutrients found in fruits, vegetables, legumes and nuts good for you?**
 - a. You can find them easily.
 - b. They improve your body's ability to fight bacteria and inflammation.
 - c. Most people can't taste them.
 - d. They make a great smoothie.
- 2. Cheese can protect your teeth from decay-causing acid.**

True or false?
- 3. Why are certain bacteria bad for your mouth?**
 - a. They convert sugar to acid, which attacks tooth enamel and causes decay.
 - b. Your teeth may begin to shift.
 - c. You will lose your sense of taste.
- 4. Research shows that this food can help prevent bacteria from forming damaging plaque.**
 - a. Oranges
 - b. Honey
 - c. Carrots
 - d. Cranberries
- 5. How do calcium-fortified foods and beverages help your teeth?**
 - a. They promote healthy teeth and bone.
 - b. They can whiten your teeth three shades.
 - c. They reduce the risk of tooth loss.
 - d. a and c
- 6. Foods that take a long time to chew or stay in your mouth for long periods of time can cause damage to your teeth.**

True or false?
- 7. Why are crisp fruits and raw vegetables good for your teeth?**
 - a. They clean teeth and freshen breath.
 - b. They are can be chewed slowly.
 - c. You can eat them before you see your dentist.
 - d. You don't need to floss after you eat them.
- 8. Regular brushing and flossing doesn't help to keep your smile healthy.**

True or false?
- 9. Chewing sugarless gum that contains xylitol can help reduce plaque and fight cavities when you can't use a toothbrush.**

True or false?
- 10. It's a good idea to minimize the time that your teeth are exposed to acid because:**
 - a. It can crack your teeth.
 - b. Your teeth can become discolored.
 - c. You can experience sensitivity.
 - d. It wears away enamel.
 - e. All of the above.

Check your answers on the back



Answers

1. **Why are the nutrients found in fruits, vegetables, legumes and nuts good for you?**
 - b. They improve your body's ability to fight bacteria and inflammation.
2. **Cheese can protect your teeth from decay-causing acid.**

True
3. **Why are certain bacteria bad for your mouth?**
 - a. They convert sugar to acid, which attacks tooth enamel and causes decay.
4. **Research shows that this food can help prevent bacteria from forming damaging plaque.**
 - d. Cranberries
5. **How do calcium-fortified foods and beverages help your teeth?**
 - a. They promote healthy teeth and bone.
 - c. They reduce the risk of tooth loss.
 - d. a and c
6. **Foods that take a long time to chew or stay in your mouth for long periods of time can cause damage to your teeth.**

True
7. **Why are crisp fruits and raw vegetables good for your teeth?**
 - a. They clean teeth and freshen breath.
8. **Regular brushing and flossing doesn't help to keep your smile healthy.**

False
9. **Chewing sugarless gum that contains xylitol can help reduce plaque and fight cavities when you can't use a toothbrush.**

True
10. **It's a good idea to minimize the time that your teeth are exposed to acid because:**
 - e. All of the above