

# Chew on This

## Do's and don'ts for healthy teeth

Take care of your teeth by choosing a well-balanced diet. Enjoy a variety of foods, including vegetables and fruits, whole grains, proteins and dairy.



### Do...

- **Boost your calcium and vitamin D intake** to extend the life of your teeth.
- **Drink fluoridated tap water** to strengthen enamel and wash away bacteria-causing sugars.
- **Munch on raw fruits and vegetables** like apples and celery sticks to increase saliva and cut down bacteria.
- **Fill your diet with bright, vitamin C-rich foods** like sweet potatoes, raw red peppers and oranges to help prevent bleeding gums and loose teeth.



### Don't...

- **Snack on soft, sweet and sticky foods** that stay on teeth and promote decay.
- **Nibble on simple starches** throughout the day. Avoid starchy snacks like crackers, cookies or chips.
- **Sip carbonated drinks** loaded with sugar that can also erode and stain your tooth enamel. Choose healthier drinks like water or milk.

