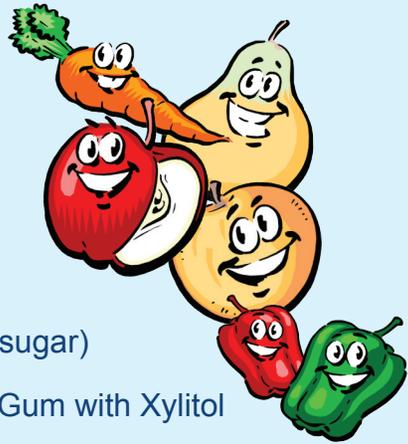


## TEETH HEALTHY FOODS

- Fruits
- Vegetables
- Yogurt
- Milk
- Salad
- Cereal (low sugar)
- Sugar Free Gum with Xylitol



## FOODS TO EAT IN MODERATION

- Whole Wheat Pasta
- Potato Chips
- Pretzels
- Peanut Butter
- Juice (including 100% juice)
- Breads and Crackers
- Chocolate Milk



## SHOPPING TIP

Look for products containing XYLITOL. Xylitol is an all natural sweetener used in some chewing gum and candies that doesn't cause tooth decay. It's also available at health food stores.



Office of  
Oral Health



Larry Hogan, Governor | Boyd Rutherford, Lt. Governor | Van Mitchell, Secretary

OFFICE OF ORAL HEALTH  
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## Foods for Healthy Teeth



Some tips on healthy  
eating from your Maryland  
Department of Health and  
Mental Hygiene

# Healthy Foods

# Food and Tooth Decay

# Ways to Avoid Tooth Decay

Whether you are old or young, good oral health includes good nutrition!

What vitamins make a healthy mouth?

- ◇ **Vitamin D** is found in dairy foods and strengthens teeth and bones.
- ◇ **Vitamin B** is found in breads and cereals along with iron and helps make healthy gums.
- ◇ **Vitamin C** is found in fruits and keeps your gums healthy.



## What Causes Tooth Decay?

Tooth decay starts with plaque (plak). It is a sticky substance that forms on your teeth after eating.

Plaque can cause gum disease because it irritates the gums and makes them red and swollen.

Each time you eat or drink sugary foods, the germs in plaque make acids that attack and weaken the tooth surface.

The germs in plaque spread from person to person by sharing cups, eating utensils and toothbrushes.

Hard candies, mints or sticky foods like caramels or jellybeans, stay in the mouth longer and increase the risk for tooth decay.



Eating starches or sugars at mealtimes is better than eating them in between meals.

Drinking sugary liquids, including 100% juice, also increase the risk for tooth decay and should be limited.

## How Much Juice?

 Under 6 months: No juice. Limit older infants to 4 ounces per day.

 1 to 6 years: 4 to 6 ounces per day, BUT not as a pacifying drink

 Older children and adolescents: 8 to 12 ounces or 2 servings per day



Whole fruit is always preferred.

*Recommendations of the American Academy of Pediatrics.*

Limit the amount of sugary liquids and sweets you eat throughout the day, especially between mealtimes.

Eat and drink at one sitting instead of sipping and snacking all day long. Avoid frequent snacking.



Drink water in between meals instead of sugary drinks.



Brush your teeth with fluoridated toothpaste at least twice a day.

End meals with a crunchy and nutritious snack such as apple slices or a carrot to help scrub your teeth.

Remember the next time you reach for a snack, pick a food that is low in sugar and fat. Your teeth and your body will thank you!



Drink tap water if your community water system or private well has fluoride in it.