

Choose foods carefully for top dental hygiene



Keeping your teeth and mouth healthy requires more than just daily brushing, flossing, and rinsing. Food and beverage choices also have an impact on a person's oral and overall health.

For example, foods high in sugar or acid can lead to an erosion of tooth enamel and contribute to tooth decay and periodontal disease. Both have been identified as risk factors for more serious illnesses

such as diabetes, lung and heart diseases, and stroke. Dental hygienists remind us to maintain a balanced and nutritious diet so that teeth and gums receive the nutrients that are essential to resisting oral diseases. As your 'partner in prevention' here are some of their top tips to keep your mouth and body healthy:

- Make water your beverage of choice.
- Eat foods from all four food groups.
- Avoid sugary snacks, carbonated beverages, and chewy, sticky foods.
- Brush twice a day for two minutes each time.
- Clean between your teeth and use an antiseptic mouthwash daily.

During a regular checkup, ask your dental hygienist to identify healthy food and beverage choices so that your smile remains bright for a lifetime. Additional tips and information on this topic are available online at www.dentalhygienecanada.ca.