

# Foods for Healthy Teeth & Gums

Help Chef Metz as he  
explores and learns about

**FOODS FOR HEALTHY  
TEETH & GUMS**



**Metz**  
CULINARY MANAGEMENT

The Nutritious Friends program promotes a different fruit or vegetable or healthy food concept each month through posters, decorations, educational materials, point of purchase materials, student interaction and incorporation in the cafeteria menu. Nutritious Friends proves nutrition education can be fun as students take part in promotional games, learn interesting nutrition facts and sample new recipes.

# Foods for a Healthy Teeth & Gums

## DENTAL HEALTH & NUTRITION

Good nutrition is essential to dental health. Some of the most important dental care begins early in life. Maintenance of teeth and gums, as well as general oral care, is essential throughout life. For best dental health, follow these suggestions.

### **See your dentist regularly**

This is essential for both prevention and wellness. It is like going to the doctor for regular check-ups.

### **Brush thoroughly**

Brush thoroughly, twice a day, with a fluoride toothpaste that has the American Dental Association's Seal of Acceptance. Brushing after each meal or snack is best. After eating, acids in the mouth attack sugars for at least 20 minutes. This can harm the teeth and gums. Brushing thoroughly removes plaque and harmful acids.

### **Floss teeth once a day**

Use floss or other interdental cleaner to remove foods that may get caught between teeth. This will prevent trapped bacteria from turning into dental caries.

### **Know your fluoride**

In areas that do not use community water and rely on wells or alternate methods for household water use, make sure you supplement appropriately with fluoride. In most cases, 1 part per million (ppm) fluoride is recommended to reduce dental caries and keep teeth strong. Too much fluoride may cause mottling, which is spotted teeth. Mottling is not dangerous, but sometimes is less aesthetically pleasing.

### **Limit carbohydrate-rich and sticky foods**

Limit foods that are high in simple carbohydrates or foods that are very sticky. The goal is to avoid contact from sugars with teeth. Lollipops, juice, sugared gums, sticky candy, and carbohydrate-rich foods that may get caught in the teeth are more likely to cause cavities than other foods. Meats and high-fiber foods help to remove sugar-based foods and promote saliva flow, which is important for dental care.

### **Drink water**

Water is essential for good health. It can promote clean teeth by rinsing off residual sugars that are not attached to the teeth.

### **Watch the soda**

Almost all sodas contain phosphoric acid and citric acid. These acids are extremely damaging to the teeth and may cause erosion of tooth enamel, which weakens teeth. Non-nutritive sweeteners, such as those found in diet sodas, are highly acidic and also are responsible for enamel erosion. Sugar-based sodas are damaging by contributing both the sugars and the acids that bacteria need to thrive.

### **For the kids**

Good dental health begins early in life.

- Teach children proper oral care at an early age
- Begin regular dental visits by age 2 or as recommended by the child's pediatrician
- Forbid bottles in beds or cribs
- Never allow a child to fall asleep with a bottle to prevent "nursing bottle syndrome"; sugars from juice or milk may pool in the child's mouth and increase sugar contact time to teeth.

### **References**

American Dental Association. Diet and oral health. Available at: [www.ada.org/public/topics/diet.asp](http://www.ada.org/public/topics/diet.asp). Accessed November 17, 2008.  
Anderson J, Brown L. Nutrition and dental health. Available at: <http://www.ext.colostate.edu/Pubs/foodnut/09321.html>. Accessed November 17, 2008.

# Foods for a Healthy Teeth & Gums

## FOODS FOR DENTAL HEALTH

### **Healthy drink and food for teeth – Milk and yogurt**

Unsweetened yogurt and milk are good for your teeth. They have a low acidity. It means that the gradual wearing away of the teeth, also called dental erosion, is less. In addition they are low in sugar, that means less dental decay, too. Milk also is a good source of calcium, that keeps our teeth healthy. Calcium is the main component of teeth and bones, as we know.

### **Cheese**

It is low carbohydrate and has a high calcium and phosphate content that provides important benefits for your healthy teeth. It helps balance your mouth's pH, preserves and rebuilds tooth enamel, produces saliva, kills the bacteria that cause cavities and gum disease. Cheese contains calcium, too.

### **Fruits**

Different fruits like apples, strawberries, citrus fruits, specially kiwis, contain a lot of vitamin C. It is considered the cement that holds all of your cells together, so just as it's vital for your skin, it's important for the health of your gum tissue. If you don't get enough vitamin C, researches show that the collagen network in your gums can break down, making your gums tender and more susceptible to the bacteria that cause periodontal disease.

### **Vegetables**

Pumpkin, carrots, sweet potato, broccoli are full of vitamin A. This vitamin is absolutely necessary for the formation of tooth enamel. Apart from that, crunchy vegetables cleanse and stimulate your gums, making them healthy.

### **Onions**

This vegetable contains powerful antibacterial sulfur compounds. Tests showed that onions kill various types of bacteria. Researches indicate that they are most powerful when eaten freshly peeled and raw. It may be not so tasty but good teeth are guaranteed.

### **Celery**

This food protects your teeth while extra chewing. It produces plenty of saliva, which neutralizes different bacteria that causes cavities. Additionally, celery massages gums and cleans between teeth keeping them healthy and clean.

### **Sesame seeds**

Good teeth can be a result of combining white bread, especially for small kids, and sesame seeds. It sloughs off plaque and helps build tooth enamel. Sesame seeds are also high in calcium, which helps preserve the bone around your teeth and gums.

### **Animal food**

Beef, chicken, turkey, eggs – all of them contain phosphorous. Calcium, with the help of vitamin D and phosphorous, creates our bones system. These elements keep teeth stronger and healthier by protecting them from teeth decay.

### **Water**

Healthy water not only purer, but it cleanses the mouth, allowing the saliva to work wonders depositing essential minerals back into the weakened teeth. Drinking water keeps gums hydrated and helps wash away trapped food particles that decompose in the mouth and cause bad breath.

Reference - Dental Health Magazine - <http://worldental.org/nutrition/10-most-healthy-foods-for-teeth/665/>

# Foods for a Healthy Teeth & Gums

## INTERESTING DENTAL FACTS

1. The average American spends close to 38.5 days brushing their teeth during their lifetime. Spending the recommended 2 minutes per brushing adds up to a lot of time.
2. Our tongue print is unique just like our fingerprints.
3. Flossing is important to help reduce dental plaque. Did you know that there are more than 300 types of bacteria in dental plaque?
4. The first bristled tooth brush was manufactured in China in 1498. It was made from the hair of badgers, hogs and horses.
5. 73% of Americans would rather go shopping for groceries than floss their teeth.
6. The average person in the United States consumes 155# of sugar per year. Limit sticky and sweet foods as they maintain high sugar amounts in the mouth promoting tooth decay/cavities.
7. Carbonated beverages such as soft drinks and soda are the largest source of sugar in the American diet. 15 billion gallons of soft drinks/year were consumed by Americans by 1998. Presently, 53 gallons per person, per year of carbonated beverages are being consumed.
8. High intakes of carbonated beverages are related to decreased intakes of ascorbic acid, magnesium, vitamin A and riboflavin.
9. Because US teens are drinking high amounts of soft drinks/carbonated beverages, consumption of milk has decreased by 40% contributing to decreased bone density.

### Sources:

<http://frisco-dentist-blog.com/2011/03/ten-fun-odd-and-interesting-dental-facts.htm>

<http://dentalresource.org/topic44nutrition.htm>

[http://www.dentalgentalcare.ccom/fun\\_dental\\_facts.htm](http://www.dentalgentalcare.ccom/fun_dental_facts.htm)



Reprinted with permission for personal or non-profit use. © Helpguide.org. All rights reserved.

## Calcium Factsheet

Recommended calcium intakes for women:

- **9-18 years:** 1,300 mg
- **19-50 years:** 1,000 mg
- **50+ years:** 1,200 mg

**Source:** Food and Nutrition Board (FNB) at the Institute of Medicine of the National Academies

### Good food sources of calcium

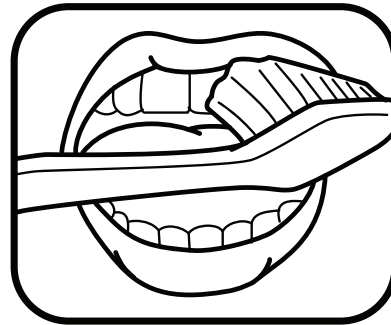
Source	Calcium (mg)	Magnesium (mg)	Protein (grams)
Sardines (1 cup)	569	58	37
Yogurt, low-fat (1 cup)	447	--	13
Collards (1 cup, boiled)	358	52	4
Oatmeal, instant (2 packets)	326	70	8
Skim milk (1 cup)	306	--	8
Milk, 2% (1 cup)	297	--	8
Figs (10 medium, dried)	269	111	2.5
Tofu (1/2 cup)	258	118	10
Orange juice, calcium-fortified (1 cup)	270	--	--
Soybeans (1 cup, boiled)	175	148	22
White beans (1 cup, boiled)	161	113	17
Mustard greens (1 cup, boiled)	150	20	3
Broccoli (1 cup, boiled)	94	38	4
Kale (1 cup, boiled)	94	24	2
Chick peas (1 cup, canned)	80	78	12

**Sources:** *Bowes and Church's Food Values of Portions Commonly Used* by Jean A.T. Pennington; The George Mateljan Foundation for The World's Healthiest Foods (whfoods.org)

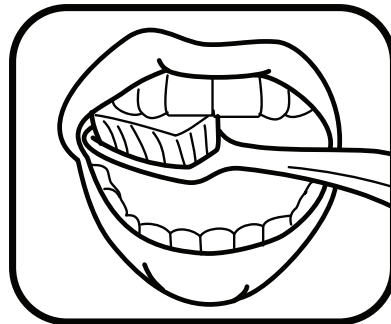
# February is National Children's Dental Health Month

## How to Brush

- Place the toothbrush at a 45-degree angle to the gums.

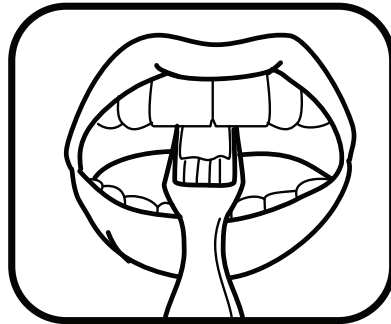


- Move the brush back and forth gently in short strokes.

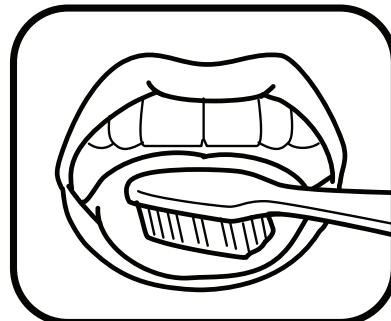


- Brush the outer surfaces, the inside surfaces and the chewing surfaces of all teeth.

- To clean the inside surface of the front teeth, tilt the brush vertically and make several up-and-down strokes.

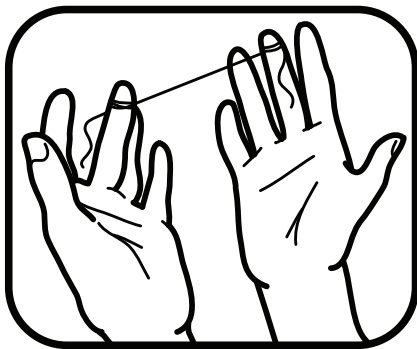


- Brush your tongue to remove bacteria and keep your breath fresh.

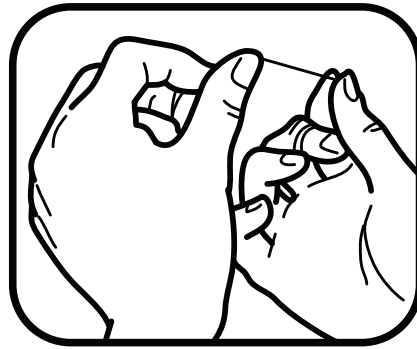


# February is National Children's Dental Health Month

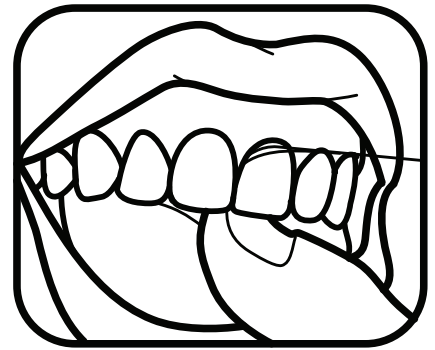
## How to Floss



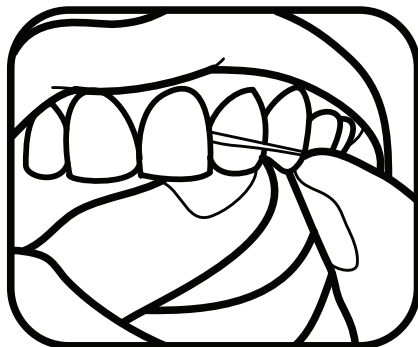
1. Use about 18 inches of floss wound around one of your middle fingers, with the rest wound around the opposite middle finger.



2. Hold the floss tightly between the thumbs and forefingers and gently insert it between the teeth.



3. Curve the floss into a "C" shape against the side of the tooth.



4. Rub the floss gently up and down, keeping it pressed against the tooth. Don't jerk or snap the floss.



5. Floss all your teeth. Don't forget to floss behind your back teeth.