

HEALTHY AND UNHEALTHY

FOOD CHOICES FOR YOUR TEETH



The calcium and phosphates in dairy products such as milk, yoghurt and cheese help to strength your teeth.



Fruits and veggies that are high in fiber. It helps to clean your teeth.



Green and black teas may sometimes contain what is known as polyphenols which can eliminate plaque bacteria.



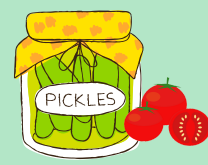
Meat, nuts and legumes contain protein and phosphorous which restore tissues and in strengthening teeth and the jaw.



Popcorn, particularly unpopped kernels are firm and may potentially cause chipping, cracking, or fractures.



Alcohol as it can dry the mouth and reduce the circulation of saliva.



Acidic foods such as pickles, tomatoes, or certain berries can cause erosion of your teeth.



Coffee, tea, red wine and other staining food and drink. This can include some rich spice dishes.