

Dental Health

Healthy Eating, Healthy Teeth

- Sugar is the contributing factor to the formation of cavities.
- The frequency of eating sugary foods increases the risk of tooth decay.
- An acid attack destroys tooth enamel.
- Plaque + sugar = acid.
- Acid + tooth = decay.

Nutritionally and Dentally Acceptable Foods

(high in nutrients, low in sugar)

vegetables
fruit
nuts/seeds
meat
pizza
whole grain cereal
fruit yogurt
eggs
pita/bread
milk
chocolate milk
bran/carrot muffins
crackers
soups
tomato juice
tossed salad
coleslaw
cheese
popcorn