

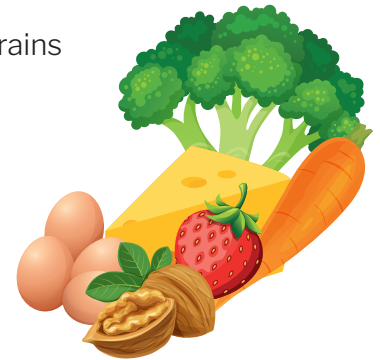
# The Best and Worst Food for Your Teeth



Did you know that what you eat affects your teeth? Eating the right foods and avoiding the wrong ones can help you keep cavities away and reduce your risk of gum disease. Try to eat a variety of nutrient-rich foods for a healthy smile and body.



- Strawberries
- Broccoli
- Sweet potatoes
- Leafy greens
- Apples
- Carrots
- Green and black teas
- Nuts
- Whole grains
- Cheese
- Milk
- Water
- Poultry
- Fish
- Eggs



- **Candy:** Lollipops, mints, taffy, and caramel
- **Sweets:** Cookies, cakes, and muffins
- **Starchy/Sticky Foods:** White bread, crackers, chips, pasta, and dried fruit
- **Sugary beverages:** Soda, lemonade, sports drinks, sweetened tea, or coffee
- **Alcohol:** Can dry out your mouth or be full of sugar
- **Ice cubes:** Don't chew them!



Source: [www.mouthhealthy.org/en/nutrition/food-tips](http://www.mouthhealthy.org/en/nutrition/food-tips)