

Diet and your Teeth – The facts



Tooth decay rates have declined for many years, but there's a growing concern amongst dentists. Many of their teen and adult patients are consuming record numbers of sugar-filled sodas, sweetened fruit drinks and non-nutritious snack foods. These items generally have little if any nutritional value and some dentists fear they are taking a toll on teeth.

Nutrition:

The foods we choose affect our overall health, including our teeth and gums. Without a balanced diet, health problems, including obesity, nutrient deficiencies and tooth decay can result.

Eat Healthy for your Teeth:

- Emphasis on fruits, vegetables, whole grain, staple foods, low-fat & fat free milk and milk products
- Lean meats, poultry, fish, beans, eggs, nuts are a good source of protein
- Products that are low in saturated fats, trans fats, cholesterol, salt and added sugars
- Foods containing calcium — such as cheese, almonds and leafy greens — and foods high in phosphorous — such as meat, eggs and fish — can help keep tooth enamel strong and healthy, according to the American Dental Association.

Foods/Drink to Avoid:

- A poor diet can lead to gum disease and tooth decay. Foods high in carbohydrates, sugars and starches greatly contribute to the production of plaque acids that attack the tooth enamel.
- Soft drinks/diet drinks contain acid that can be harmful to enamel on teeth and can cause erosion over time.
- Wine/Coffee can stain the teeth.
- Chewable tobacco can cause gum disease and periodontitis.

If you wish to check your teeth for Decay/Caries and/or require treatment for your teeth from years of acid bombardment please don't hesitate to contact Dr Rafia Mustafa for a consultation who would be happy to assist you in keeping your teeth clean and healthy.

Dr Rafia Mustafa