DR. ALLEN PARK

Stoney Creek Dental Group
Dr. Allen Park & Associates

QUESTION:

What foods are good for my teeth?

ANSWER:

We all enjoy eating good food but sometimes too much of a good thing is bad for you. Generally speaking, you want to minimize the foods that contain sugar by taking sensible steps to control its impact on your teeth. For example, you should eat desserts once a day versus having sugary snacks two or three times a day because the impact of replenishing the sugars in your mouth will cause the bacteria that are present to form more plaque and erode your enamel. You also want to minimize carbonated sodas and fruity drinks for the same reason. Coffee and tea should also be minimized because they can also stain your teeth resulting in a yellowish smile.

You should eat calcium rich foods such as milk, cheese, and yogurt to strengthen the bones in your body which include your teeth. Natural fruits and vegetables are good to eat because of its high water content which will help clean your teeth. However, eating citrus fruits can result in weakening your enamel due to the higher acid levels. You can minimize this impact by drinking plenty of non-carbonated water which will cleanse your mouth. Chewing sugar-free gum is also an option for cleansing because the extra saliva that is produced clears away the acids and sugars.

Foods that are healthy for your body tend to also be healthy for your teeth. You should consult a registered nutritionist for more examples of good foods. Regardless of what you eat, brushing and flossing after each of your meals and snacks will go a long way to improving your oral health. However, at a minimum, you should be brushing twice a day.

If you have any questions about this or any of my previous articles, then feel free to email me at ask@stoneycreekdental.ca.

NEW PATIENTS WELCOME

905-662-1999 • 905-662-9969