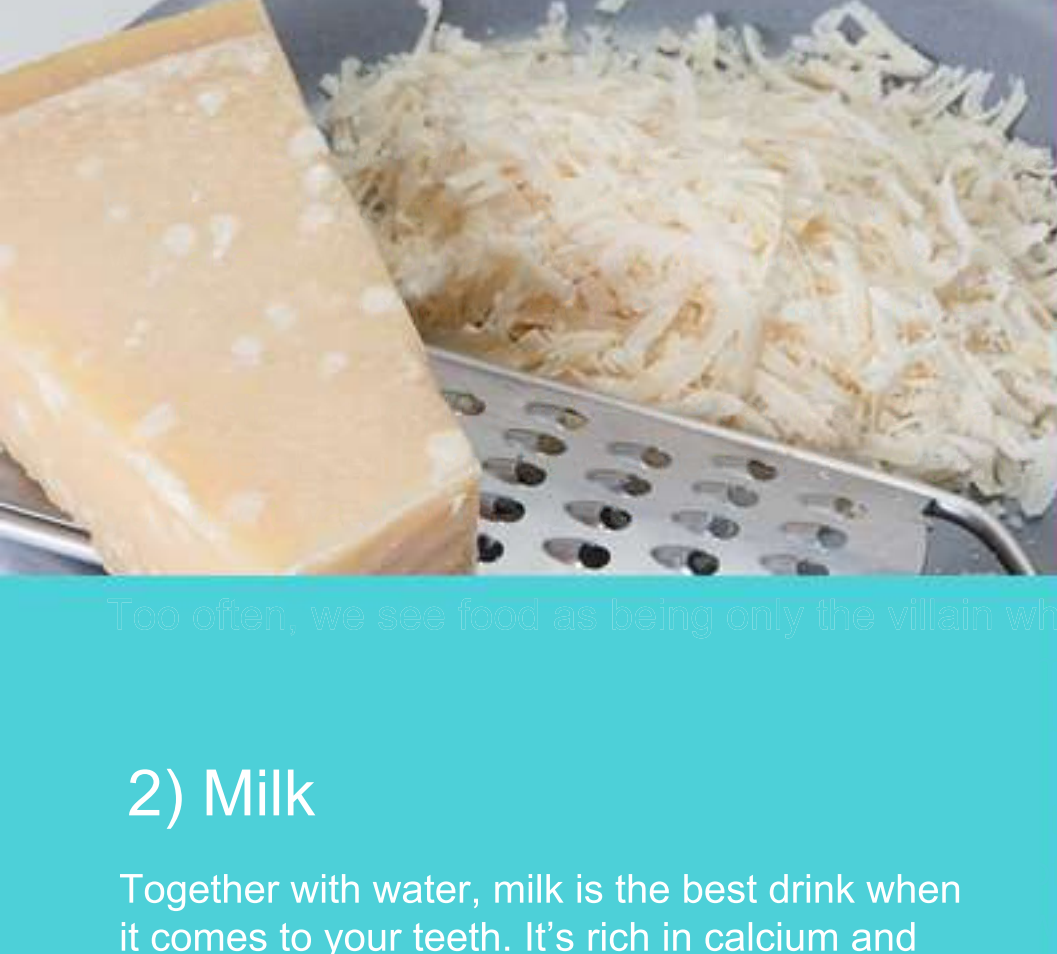


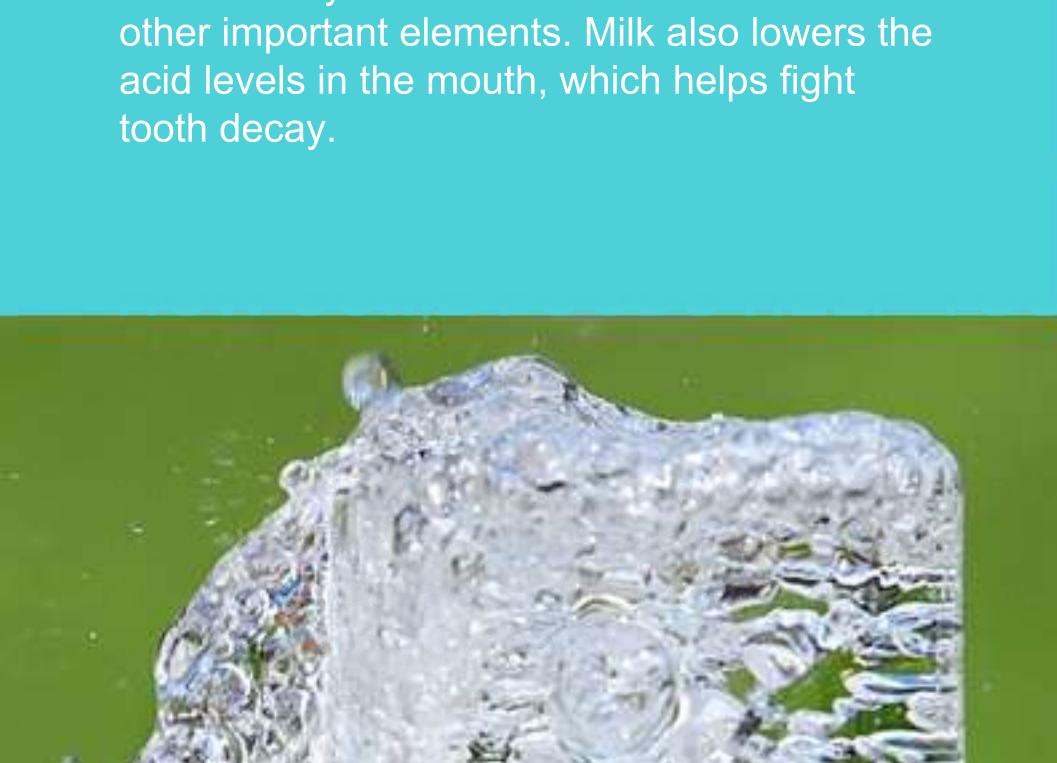


# 30 Foods for Healthy Teeth and Gums



## 1) Cheese

Do you like cheddar? It's rich in calcium. In addition, cheese lowers the acid level in your mouth, which plaque hates it for. What's more, chewing on hard cheeses increases saliva production, which washes off some of the bacteria in the mouth. Want to munch on some not-so-goo-for-your-teeth snacks like crackers – add some cheddar and you'll mitigate the damage. Just remember, hard, aged cheeses are the best options.



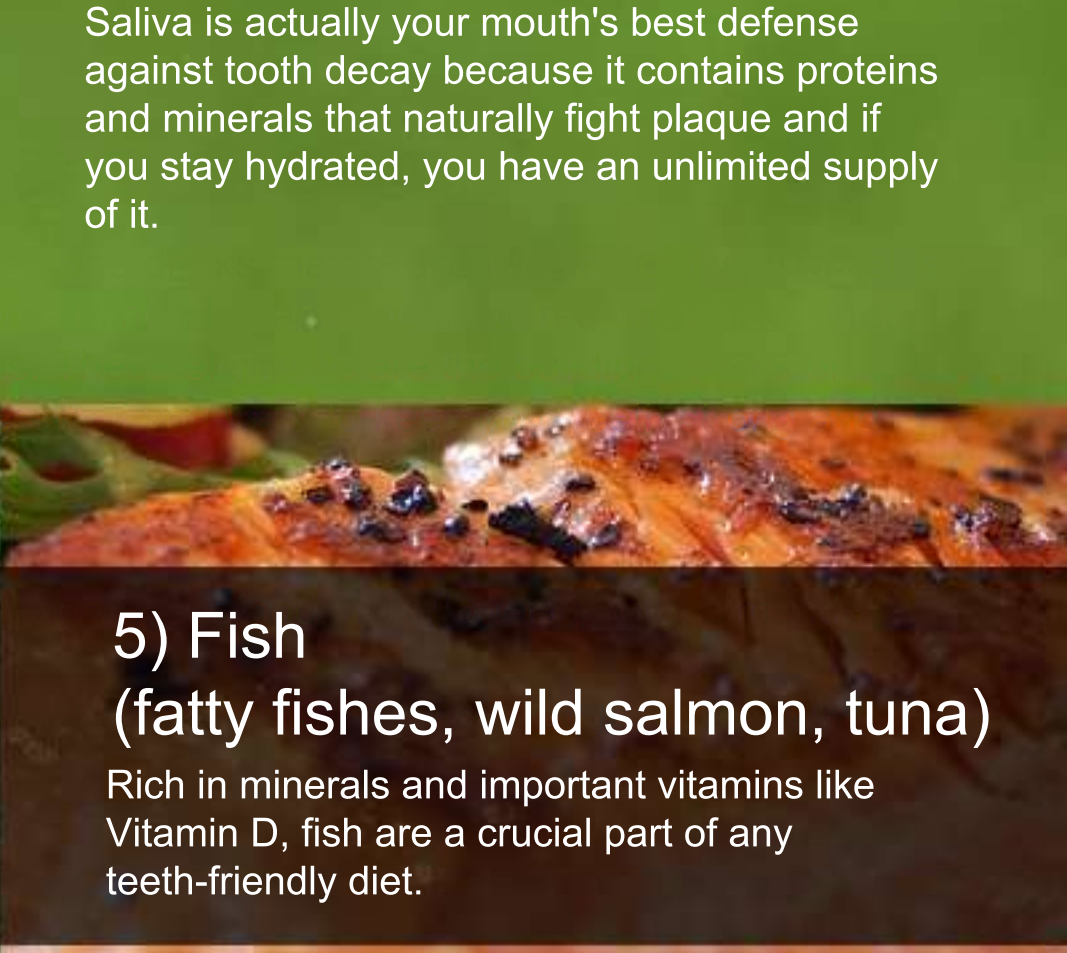
## 2) Milk

Together with water, milk is the best drink when it comes to your teeth. It's rich in calcium and other important elements. Milk also lowers the acid levels in the mouth, which helps fight tooth decay.



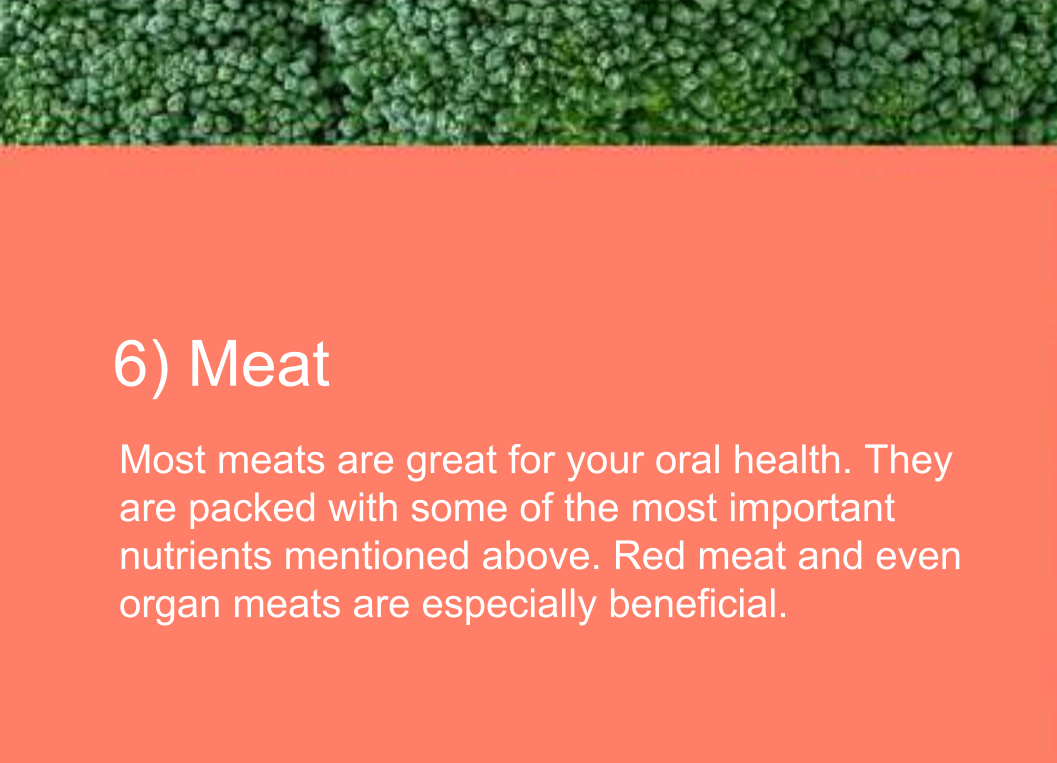
## 4) Leafy greens (spinach, broccoli, kale)

Super healthy, leafy greens are rich in calcium, folic acid and lots of important vitamins and minerals that your teeth and gums love.



## 3) Water

Your teeth's superhero! Water helps wash away food particles and keeps your saliva levels high. Saliva is actually your mouth's best defense against tooth decay because it contains proteins and minerals that naturally fight plaque and if you stay hydrated, you have an unlimited supply of it.



## 6) Meat

Most meats are great for your oral health. They are packed with some of the most important nutrients mentioned above. Red meat and even organ meats are especially beneficial.



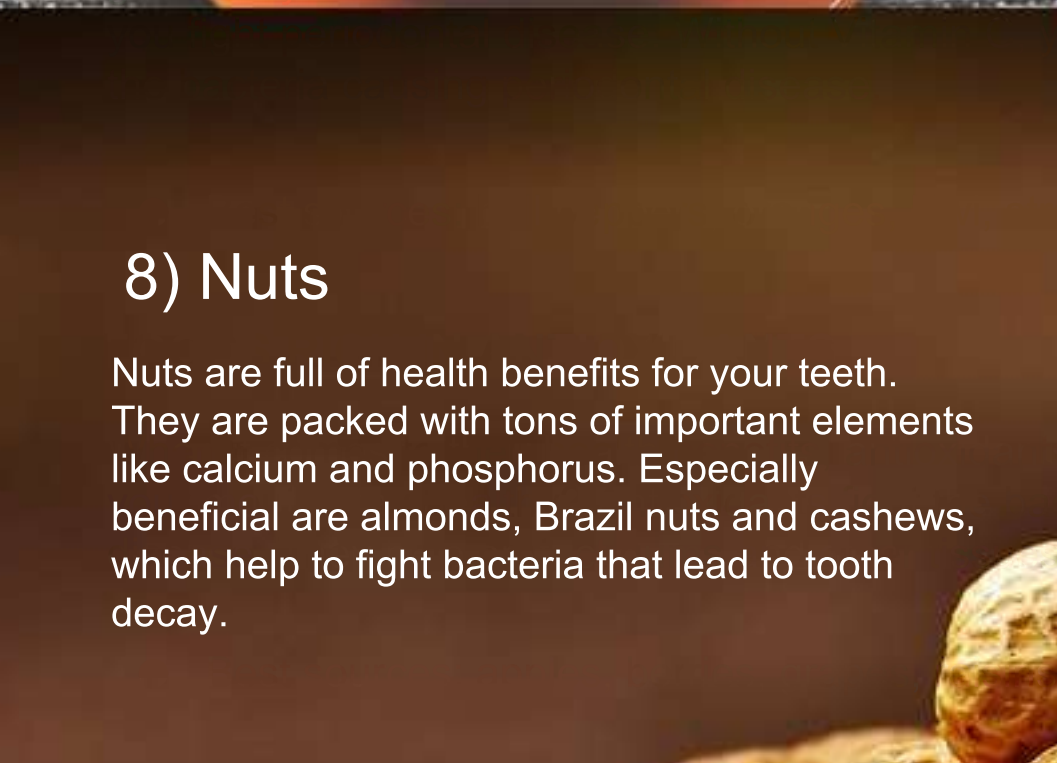
## 5) Fish (fatty fishes, wild salmon, tuna)

Rich in minerals and important vitamins like Vitamin D, fish are a crucial part of any teeth-friendly diet.



## 7) Black and Green Tea

Think polyphenols! Polyphenols have been known to reduce bacteria and toxic products of bacteria in the mouth. Tea also tends to be rich in fluoride, which is a well known necessity for healthy teeth. It's best if you drink it unsweetened as sugar and even honey could ruin the party.



## 8) Nuts

Nuts are full of health benefits for your teeth. They are packed with tons of important elements like calcium and phosphorus. Especially beneficial are almonds, Brazil nuts and cashews, which help to fight bacteria that lead to tooth decay.



## 9) Gum

This one is a no-brainer. Chewing gum boosts saliva production, washing away bacteria and food particles.



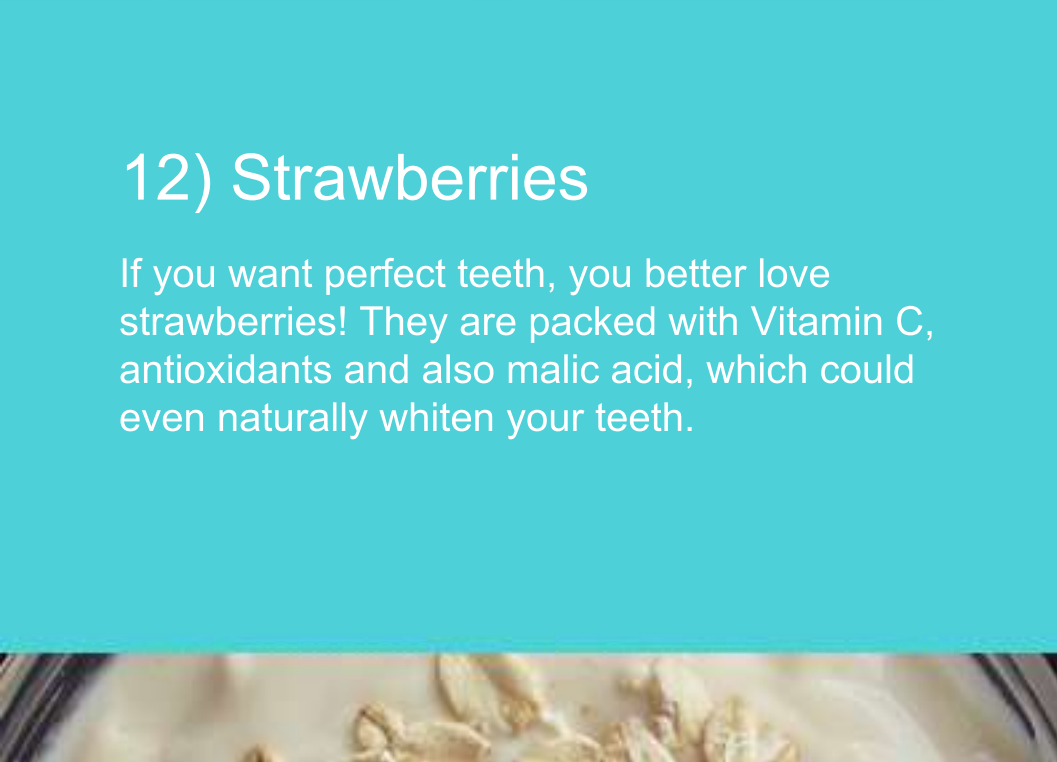
## 10) Cranberries (fresh)

Rich in polyphenols (just like tea), which keeps plaque at bay, thus lowering the risk of cavities. Fresh cranberries are especially effective at disrupting the process of plaque formation.



## 11) Oranges

Most citrus fruits are really acidic, which is not good for your teeth, but oranges are least acidic of all, and have all the health benefits that you can expect from fruits.



## 12) Strawberries

If you want perfect teeth, you better love strawberries! They are packed with Vitamin C, antioxidants and also malic acid, which could even naturally whiten your teeth.



## 13) Yogurt

Yogurt definitely ticks more than one good box for your oral health. It's packed with calcium and probiotics that protect you against cavities, gum disease and even bad breath.



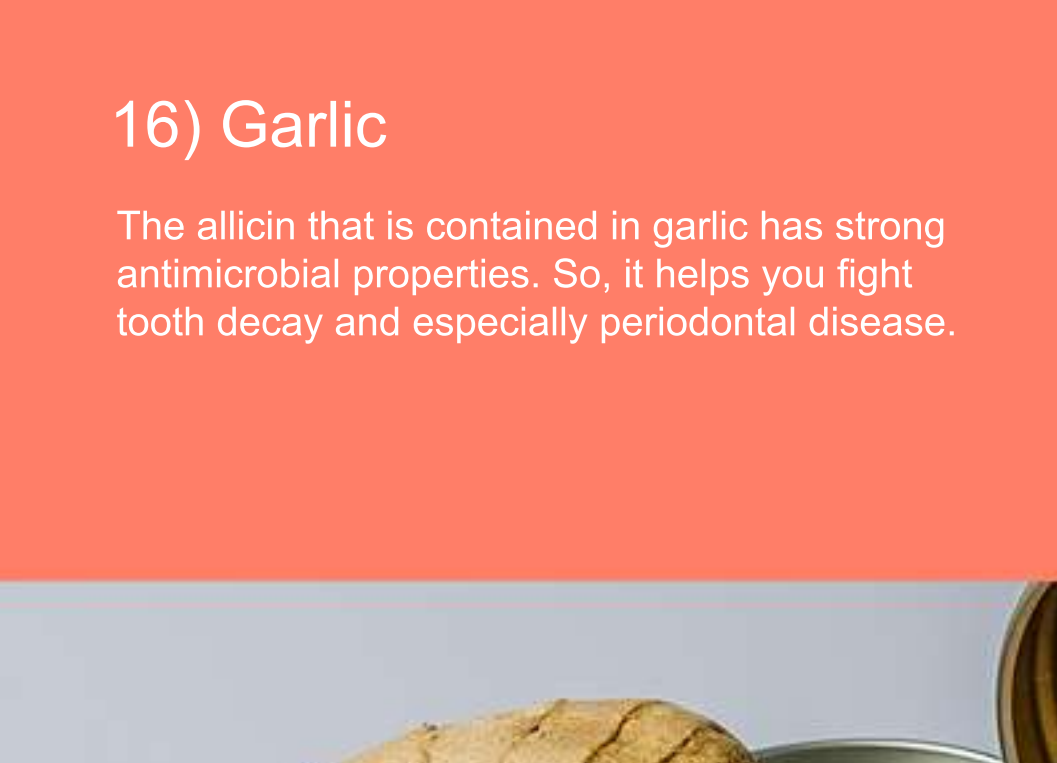
## 14) Carrots

Carrots are so tasty and full of tons of the most important minerals and vitamins for your mouth that they deserve a special mention. No wonder Bugs Bunny has perfect teeth.



## 15) Apples

Will an apple a day keep the dentist away? Probably not, but it will certainly help. It's packed with key nutrients and vitamins.



## 16) Garlic

The allicin that is contained in garlic has strong antimicrobial properties. So, it helps you fight tooth decay and especially periodontal disease.



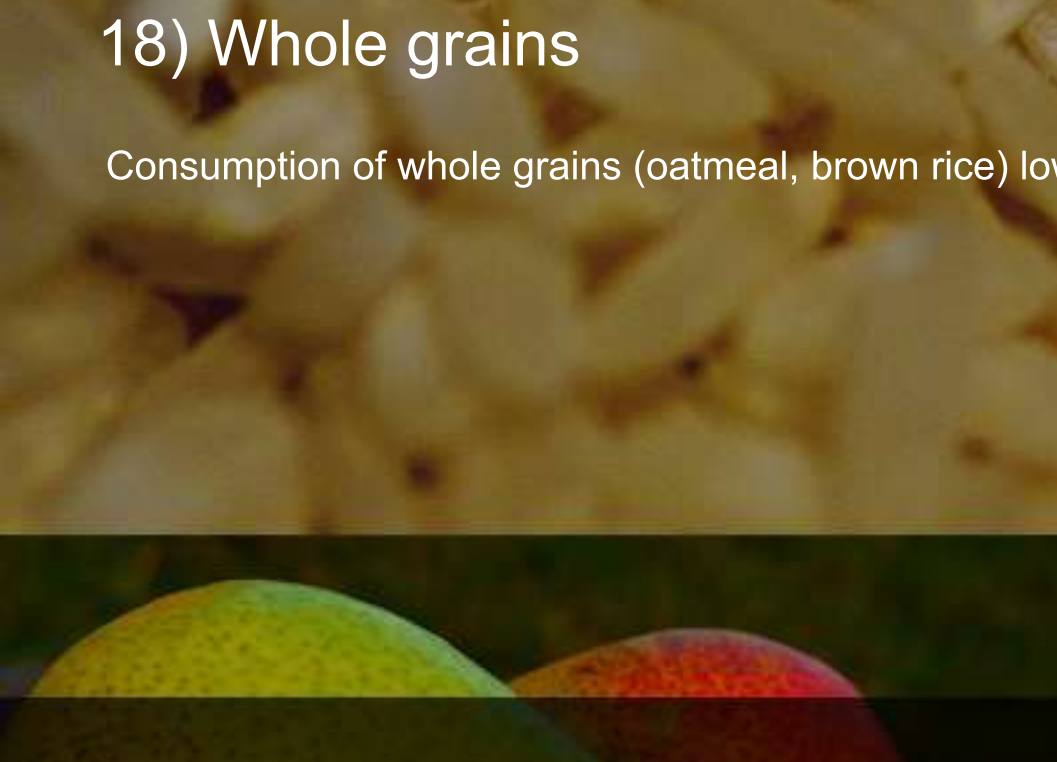
## 17) Ginger

Ginger is amazing in many ways. When it comes to oral health it might freshen your breath and inhibit bacteria growth.



## 18) Whole grains

Consumption of whole grains (oatmeal, brown rice) lowers the risk of gum disease.



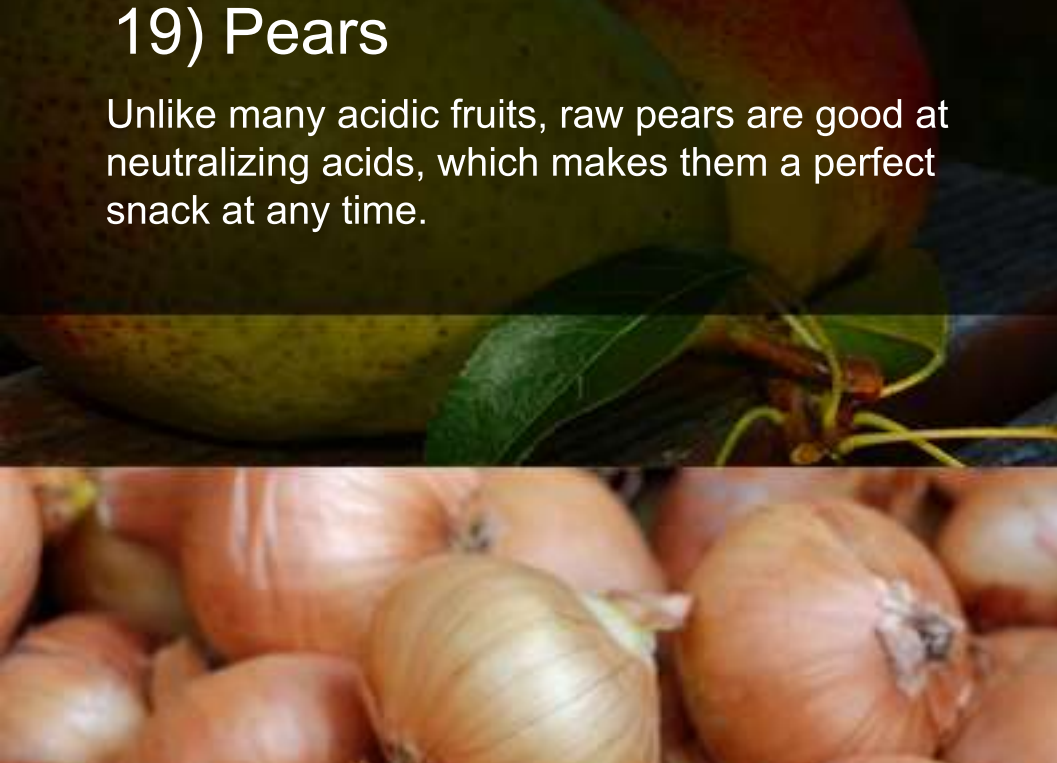
## 19) Pears

Unlike many acidic fruits, raw pears are good at neutralizing acids, which makes them a perfect snack at any time.



## 20) Kiwis

Kiwis have one of the highest concentrations of vitamin C.



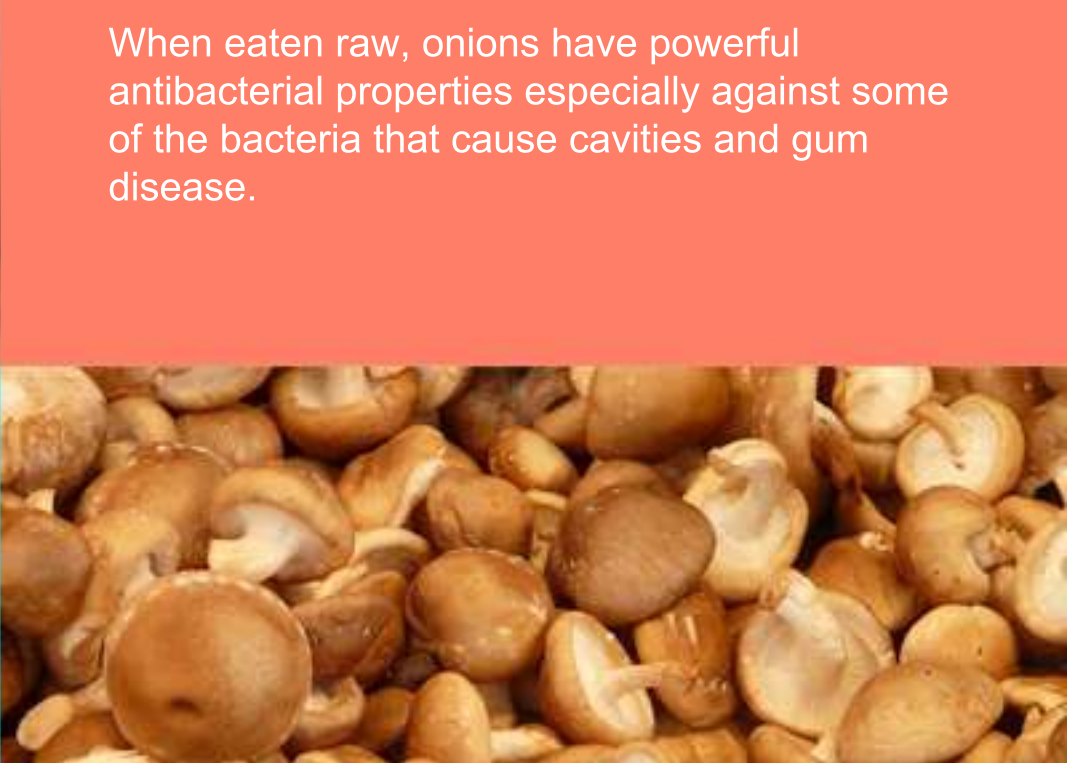
## 21) Onions

When eaten raw, onions have powerful antibacterial properties especially against some of the bacteria that cause cavities and gum disease.



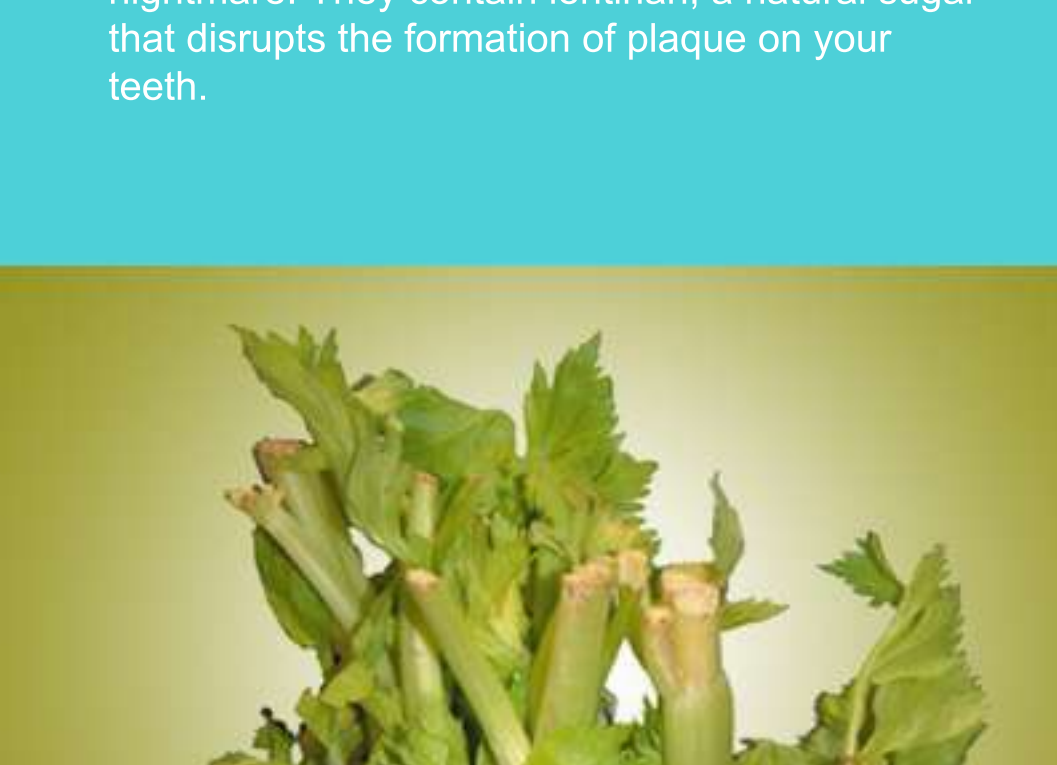
## 22) Shiitake mushrooms

These tasty Asian goodies are plaque's nightmare. They contain lentinan, a natural sugar that disrupts the formation of plaque on your teeth.



## 23) Celery

Celery is so good for your teeth it's worth a special mention. It's in many ways the perfect snack for good oral health and is the closest we have to nature's floss.



## 24) Soy

A diet that includes soy may help promote healthy gums.



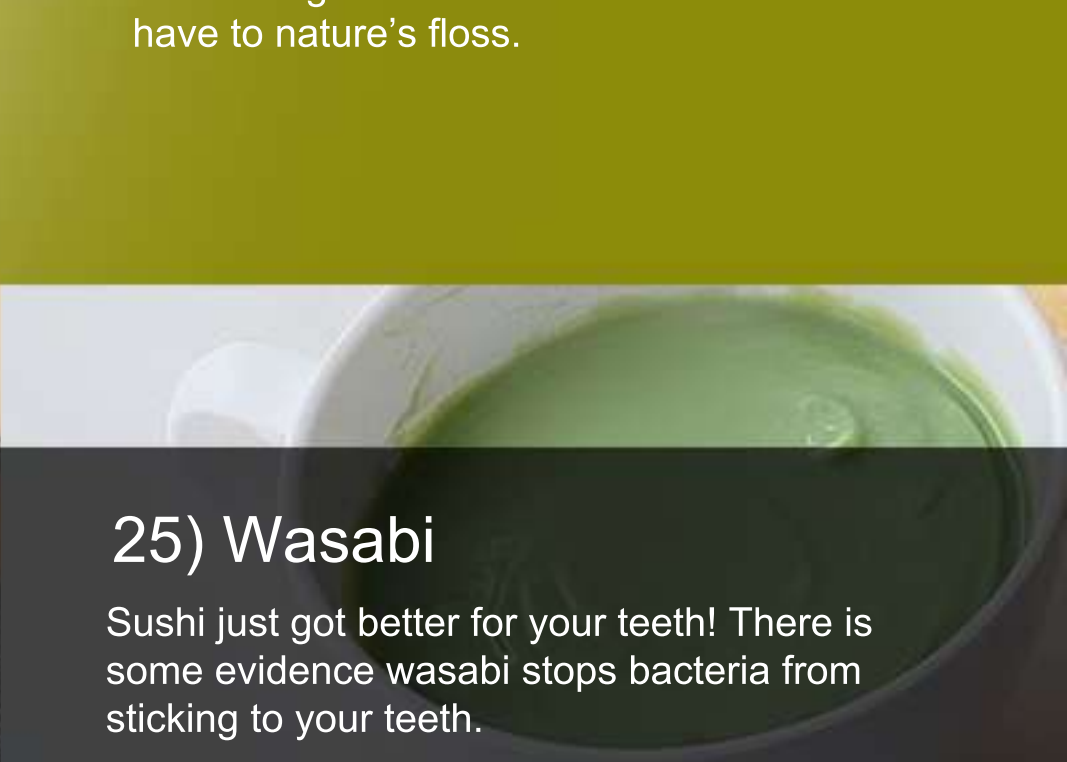
## 25) Wasabi

Sushi just got better for your teeth! There is some evidence wasabi stops bacteria from sticking to your teeth.



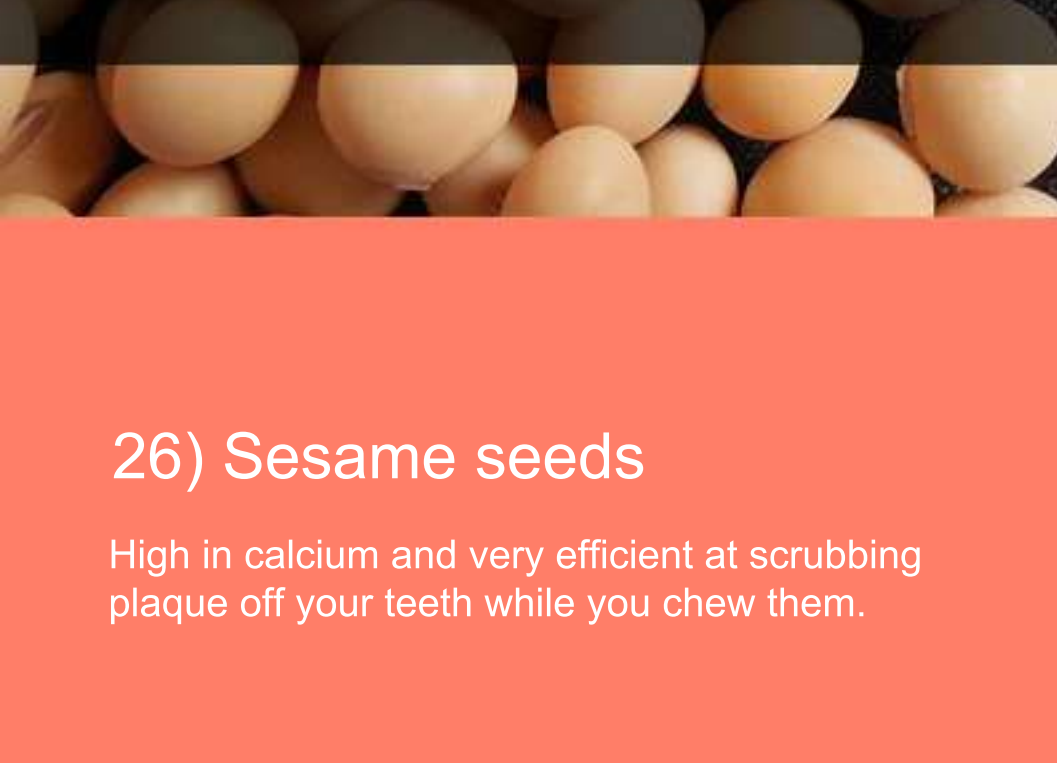
## 26) Sesame seeds

High in calcium and very efficient at scrubbing plaque off your teeth while you chew them.



## 27) Sweet potatoes

A healthy dose of vitamin A will do lots of good things for your enamel and gums.



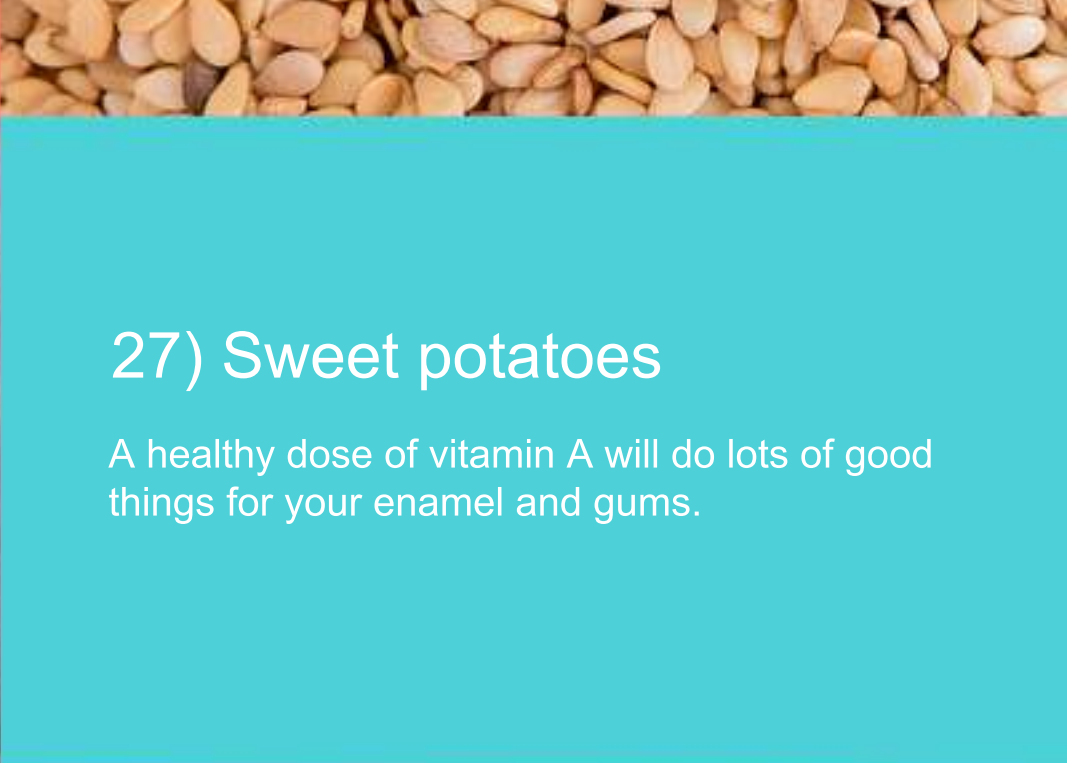
## 28) Raisins

This is a surprise entry, as raisins even appear as the bad guys in some places when it comes to their effect on teeth. However, they are a source of phytochemicals like oleanolic, which may kill cavity-causing bacteria. They are also rich in antioxidants.



## 29) Black coffee

A series of recent studies have shown that black coffee could protect your teeth from tooth decay and actually help fight plaque. There of course is a small catch, the coffee needs to be black and unsweetened.



## 30) Red wine

Wait a second! Haven't we been told hundreds of times to avoid red wine in order to protect our teeth? Well, yes...and no! According to a study in the Journal of Agricultural and Food Chemistry, a glass of red wine can have a strong antimicrobial effect against cavities causing bacteria. Cheers to these brave scientists!

## ALWAYS REMEMBER THE BASICS

It feels great to munch on tasty foods, which you know are great for your oral health. However, don't forget what your dentist has taught you. Even after the healthiest entries of this list, it's always a good idea to clean your teeth in some way from the remaining food particles, sugars and acids. Brushing of course should be your top choice, but if it's not an option at the moment, you can get a gum or at least drink some water.