

TIPS TO PROTECT YOUR TEETH FROM THANKSGIVING DINNER



Protecting Your Teeth

Everyone loves Thanksgiving! But did you know that certain Thanksgiving favorites could actually be wrecking havoc on your teeth?



Dessert is dangerous.

Our mouths are naturally full of bacteria (some of which is necessary to breaking down food!) and that bacteria feasts on the sugars that stick to our teeth, in turn churning out the acid and plaque that wear away at our enamel.



Fibrous veggies are your dental friend!

Thanksgiving foods with high fiber content like sweet potatoes (provided you don't drown them in maple syrup and marshmallows), pumpkin (not pie!) and broccoli help clean your mouth as you eat because fiber stimulates saliva production and naturally scrubs your teeth as you chew.



Real cranberries can actually help your oral health!

Hyun "Michel" Koo, D.D.S, Ph.D., a dentist turned food scientist and microbiologist, found that compounds within cranberries disrupt enzymes known as glucosyltransferases that bacteria use to build glucans (that white film that covers your teeth until you brush it away). Without its glucans, the bacteria in plaque becomes vulnerable and is easier to clean away with just rinsing.

Red wine can stain your teeth.

The tannins in red wine are a prime staining agent. And let's be honest, with the holidays upon us you're probably having plenty of wine. One way to prevent staining is to have some low-fat cheese cubes on hand as an appetizer.



Infographic by
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