

Here's How Your Diet Affects Your Oral Health

Description

Various studies reveal that a poor diet can increase the risk of developing oral diseases. It's worth noting that various food groups can trigger tooth decay, staining, gum infections, and other dental disorders. And these can affect your life's quality. Therefore, knowing how your daily meals affect [oral health](#) can be beneficial. This way, you can determine what foods to remove from your menu. Here are a few things you can consider.

1. Sugary foods and tooth decay



[Image credit](#)

According to the Centers for Disease Control and Prevention, over [26%](#) of adults in the United States have untreated tooth decay. Indeed, eating sugary snacks makes your teeth vulnerable to decay, as bacteria can combine with plaque to destroy your enamel with time. And if left untreated, cavities may form. Unfortunately, many people don't monitor their sugar intake, which can hurt their oral health in the long run. Therefore, checking your food and snacks for sugar content is essential. Processed foods and snacks may contain sugar labeled with different names. Therefore, consider stopping or reducing your intake of foods with sucrose and glucose. Ensure you control sugar consumption to improve your dental well-being and overall health.

2. Acidic foods can be bad for your oral health

Highly [acidic foods](#) cause similar decay problems as sugar; the only difference is that the effect is faster with acid. Lemons, oranges, and pickled foods may contain significant levels of acid, which can weaken your teeth's enamel and cause erosion. Since acid-containing foods soften your enamel, brushing

your teeth immediately after eating is not a good idea. Experts recommend you should rather swish your mouth and wait for at least 20 minutes before brushing. Alternatively, you can combine low-acid foods, including bananas, cheese, and nuts, to help neutralize the acid or balance your oral pH. Fish, meat, eggs, and oatmeal are good alternatives for this process, so feel free to leverage them.

3. Fruits and veggies enhance your teeth's brightness

Eat more fruits and vegetables to achieve a brighter smile, as they come with rich nutrients promoting teeth whitening. For instance, strawberries contain enzymes that help brighten your teeth. Eating apples, carrots, and celery will naturally enhance your saliva production and remove stains. It's noteworthy that saliva is a natural balancing fluid with cavity-fighting properties, so feel free to consider this. Also, remember that teeth staining can happen when you repetitively eat pigmented foods like coffee, tea, and tomato sauce. Therefore, you may require professional [dental cleaning](#) to restore your teeth's shine if they lose their brightness due to plaque or staining.

4. A balanced diet is healthy for your teeth



[Image credit](#)

Eating a nutrient-rich diet is one habit you can prioritize for your teeth's health. Dentists say your teeth love essential nutrients like calcium, antioxidants, proteins, and vitamins A, B, C, and D. Nutritious foods boost your body's ability to fight gum disease and decay, so embrace a balanced diet. Fortunately, healthy eating doesn't have to be boring. You can research nutritious and tasty meal recipes to spice up your daily menu.

Date Created
2023/05/24