



# What is the Best Diet for Your Teeth?

According to the American Dental Association (ADA), an improper diet can lead to rapid oral health decay. Fortunately, the following holistic dentist recommended foods can help to keep your smile healthy and bright.

**Leafy Greens and Vegetables** — Leafy greens, such as kale and spinach, have been shown to promote oral health. As a rule of thumb, leafy greens tend to be high in Vitamin B, folic acid, and calcium, which can all help to create healthy enamel.

**Apples** — Did you know that apples are high in water? In addition, apples have a fibrous texture that can stimulate gums and serve as a quick “teeth cleaning.” That’s right, eating apples can be the quick “natural brush” that your children need after they eat lunch at school.

**Carrots** — Like apples, carrots are crunchy, full of fiber, and can help to remove harmful bacteria from your mouth. Eating raw carrots can produce an increase in saliva, which can reduce the risk of cavities. Finally, carrots are a great source of Vitamin A, which has been shown to help improve oral health.

**Celery** — Celery is a watery treat that can help to remove food particles, as well as bacteria, from your mouth. It is a great source of Vitamin A and C, which can improve gum health. Spice-up the oral health benefits of celery by adding cheese or peanut butter to the slices.

From eating protein-rich foods to snacking on the right types of fruits and vegetables, choosing the correct foods can help you improve their oral health.

