

“My Top 3 Tips for Looking after Your Teeth”

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1

Decay is caused by frequent consumption of sugar-containing foods, snacks and drinks, including fruit and fruit products such as juices, smoothies and fruit yoghurts. If you can limit these to breakfast, lunch and dinner then you are very unlikely to experience tooth decay. Between meals drink water, milk, tea or coffee and if you need to snack, choose savoury rather than sweet foods.

Remember: No Sugar, No Decay.

2

Gum disease is caused by not cleaning your teeth thoroughly. Plaque, a very thin film of bacteria, forms very quickly after eating and drinking. The bacteria digest your food and produce toxins which are poisonous to your gums. These toxins irritate the gums and that is why your gums can bleed during brushing. By brushing your teeth twice a day for at least four minutes and using floss, you remove the plaque and therefore the poisonous bacteria. There is then nothing left to irritate your gums.

Remember: Healthy gums do not bleed.

3

We are increasingly exposed to the message of eating more fruit and fruit products. Fruit and fruit juices are very high in sugar and calories so will cause tooth decay and weight gain if eaten in even moderate quantities.

Dried fruit is especially bad for your teeth because it is sticky like toffee and the sugar is concentrated. Fruit yoghurts, although displayed as fat free or low fat, can contain as much as two tablespoons of sugar and therefore a lot of calories.

What about my five-a-day? The message is five pieces of fruit and **vegetables**. So eat more vegetables and less fruit.

Remember: Low fat does not mean low sugar.

For more expert advice on looking after your teeth please visit our website.

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