



Foods & Beverages That Are Good For Your Teeth

FRUITS

Fruits contain fiber and helpful nutrients for teeth. Strawberries contain malic acid, which may naturally whiten enamel.

VEGETABLES

Fiber-rich vegetables keep teeth healthy. Fiber is a nutrient that acts as a natural defense against cavities and it helps keep gums clean.

DAIRY

Milk, yogurt, and cheese are high in calcium, a mineral that is stored in your teeth and helps rebuild tooth enamel.

WHOLE GRAINS

Whole grains are rich in fiber, which helps get saliva flowing and supports strong teeth. Bread, rice, quinoa, and crackers are examples of grains.

TEA

While some teas may stain teeth, tea also contains polyphenols which reduce harmful bacteria in the mouth. Green tea, black tea, and hibiscus tea are rich in polyphenols.

WATER

Drinking water helps wash away residues that may be left on teeth. Drink water throughout the day to help meet your hydration needs.