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HEALTHY EATING FOR HEALTHY TEETH By Dr. Vivian Ke

If you want to maintain strong teeth for a lifetime, you need to eat healthy! This includes eating enough whole grains, fruits and vegetables, and lean meats. Some healthy snack choices are nuts and seeds, peanut butter, cheese, plain yogurt, and popcorn.

There are some drinks and snacks that are bad for your teeth and may contribute to acid erosion, which happens when food or drink with a low PH level (or more acidic) are consumed. That acid can linger in your mouth, taking minerals away and softening the surface of your teeth. This makes you teeth more susceptible to damage and often leads to increased sensitivity which may require treatment. The big offenders seem to be soft drinks, orange juice, and lemonade, along with Gatorade and Ice Tea.

Try to avoid acidic food and drink between meals because there

isn't as much saliva in your mouth at these times to protect your teeth. Also, don't clean your teeth right after eating - wait about an hour. If you brush while the acid is still in your mouth you are removing some of your teeth's surface.

Dr. Vivian Ke is the owner of Dentistry on Main at 6601 Main Street. She put's a great emphasis on being an honest, gentle and caring dentist who treats patients, not just teeth. Please call 905 640 0999 to book an appointment today.

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