

Healthy Teeth for a Healthy Life

Dental Health



The benefits of good dental hygiene go beyond bright smiles. Making sure you're brushing properly, flossing daily, and keeping up with dental appointments preserves your overall health.

Dental problems such as gum disease and tooth decay can contribute to a number of health conditions, including heart disease and pneumonia.

Apart from dental hygiene, it is important to eat and drink well to maintain healthy teeth.

What food and drink you can have to help maintain healthy teeth:

1. **Limit how often you have sweet foods:** Consume them during mealtimes rather than between meals.
2. **Limit sweet drinks, including fruit juices**
3. **Choose healthy snacks:** Fresh fruit, vegetable sticks, natural yoghurt, plain popcorn, soups or cheese.
4. **Choose fresh fruit over dried fruit:** dried fruit will leave a sticky residue on your teeth and can contribute to tooth decay.
5. **Cut down the sugar added to cups of tea and coffee.**
6. **Drink fluoridated tap water and plain milk instead of soft drinks, juice or cordial.**
7. **Have a piece of cheese after consuming sweet or acidic food:** Dairy products assist in reversing the decay process.

Brushing your teeth and cleaning between your teeth is important because it removes plaque. If the plaque isn't removed, it builds up and can cause tooth decay and gum disease. You should brush your teeth at least twice a day.



For more information or to book a Dental appointment call



1300 234 263

(select option 2 for Dental)

[or download the brochure here](#)

Learn more: www.dhsv.org.au/oral-health-advice/teeth-tips/food-and-drink