

MARCH

A healthier mouth is on the menu

Oral health and nutrition: What you should know



What you eat can have a big impact on your oral health. The more you know, the more you're able to make healthier decisions.

Breakfast is the most important meal of the day

Kids who eat breakfast are four times less likely to get cavities and need to go to the dentist less.* Eating breakfast also allows people to feel fuller and eat fewer sugary snacks throughout the day.*

Mouth-friendly foods**

- › Fruits and vegetables (try to get five servings per day!)
- › Cheese, milk and low-sugar yogurt
- › Sugarless gum

Mouth-friendly drinks**

- › Water
- › Green and black teas

A safer way to have sugary or starchy foods**

Have them at the same time as a meal, when there's more saliva to reduce the effect of the acid made by oral bacteria when we eat. And try to drink water after.

A safer way to have sugary drinks and alcohols**

Use a straw. That way, your teeth have less exposure.



Schedule a check-up today

Regular cleanings help keep your mouth healthy. Find an in-network dentist at myCigna.com.

*Lundgren, A. M., Öhrn, K., & Jönsson, B. (2015, July 22). Do adolescents who are night owls have a higher risk of dental caries? – a case-control study. Retrieved December 12, 2016, from <http://onlinelibrary.wiley.com/doi/10.1111/idh.12165/full>.

**Foley, Maryann, et al. The Best and Worst Foods for Your Teeth, University of Rochester Medical Center, www.urmc.rochester.edu/encyclopedia/content.aspx?contenttypeid=1&contentid=4062.

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