

Check This Out

The average person eats 175 pounds of sugar a year—that's about half a pound of sugar a day!

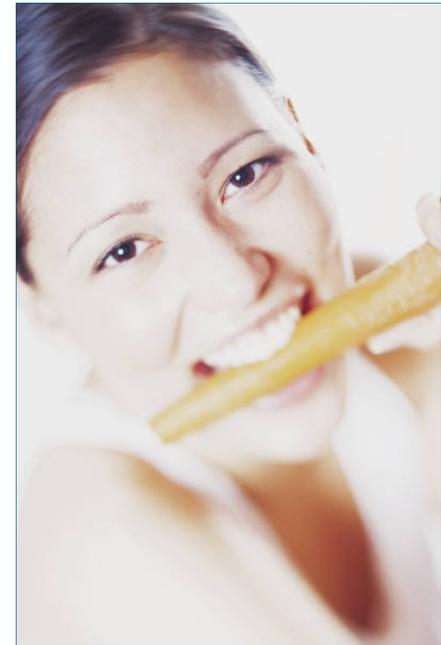
The single biggest source of sugar is sugary drinks. Thirty percent of all calories daily come from sweetened beverages. American teenagers consume twice as much soda as milk.



Questions?

Contact the Health and Wellness Center!

Diet and the Dentist



Tips to Prevent Cavities

Did you know?



Did you know that there is a link between a healthy diet and a healthy mouth?

Sugary foods (like brownies) and starchy snacks (like potato chips) cause cavities more than other types of food. These foods get stuck in between your teeth and turn into sugar.

Our teeth are always covered by a sticky film called plaque. When plaque and sugar come together, acid is produced. The plaque acts like glue and holds the acid against your teeth. This acid attacks your teeth for 20 minutes or more every time you eat snack food. The more often acid attacks your teeth, the more likely you are to develop cavities.

Limit Snacks.

It's not how much sugary food or soda you consume at one time, but rather how often you consume these sugary snacks. If you are not hungry between meals, don't snack.

Let your dentist and dental hygienist know if you are on a special diet to lose weight.

They will advise you if your diet will affect your oral health and what to do about it.

Keep your dental appointments.

Ask the center dentist or dental hygienist to help you identify your risk factors for getting cavities. If you already have cavities, getting your cavities filled will make your mouth healthier and will stop you from getting more cavities.



Regular brushing and flossing will help prevent cavities. Try to brush after every meal — including lunch.

Eat high-fiber foods so you won't feel the need to snack between meals.

Foods naturally high in fiber include fruits, vegetables, beans and whole grains.

Eat dessert right after dinner.

If you want something sweet, eat it with a meal. Avoid sugary foods between meals or at night and don't make it a daily habit.

Stay away from soda (soft drinks).



Instead of soda try water, non-fat or low-fat milk (no chocolate in it), 100% fruit juice limited to a ½ cup with your meal, and unsweetened iced tea. Stay away from the diet soda too. The acid (carbonation) will make it easier for you to get cavities.