Oral Health and Diet

What You Eat Matters

- **Eat healthy food to keep your teeth and body strong.**

- **Limit sugary food & drinks to help prevent cavities.**

- **Drink fluoridated water to make your teeth stronger.**

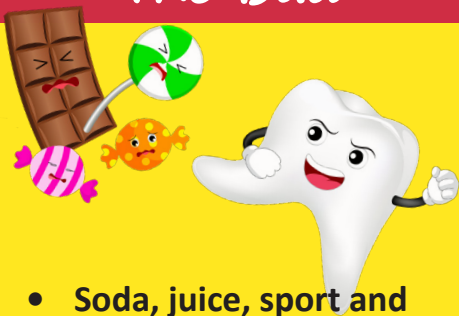*A poor diet can lead to tooth decay (a cavity).*

For more information, visit mouthhealthy.org and search for Diet and Dental Health.

Brush your teeth twice a day with a fluoride toothpaste! Floss daily!

The Good

- **Fruits and vegetables**
- **Lean meats**
- **Cheese, milk and plain yogurt**
- **Whole wheat bread, oatmeal and popcorn**
- **Peanut butter, nuts, beans and eggs**
- **Sugar-free gum**

The Bad

- **Soda, juice, sport and energy drinks**
- **Candy and sugary gum**
- **Pastries, cookies and cakes**
- **Chewing ice**

Missouri Department of Health and Senior Services Office of Dental Health

oralhealth.mo.gov

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