

MOUTH HEALTHY Tip Sheet

Brighten your smile at the table

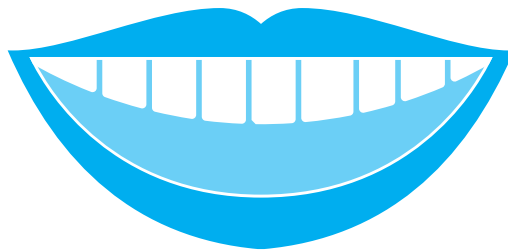
Try adding these foods to your diet for a naturally brighter smile.



Strawberries contain malic acid, an enzyme that cleans your teeth and helps remove surface stains.



Fiber-Rich Veggies stimulate saliva, which helps wash away food debris.



Dairy contains tooth-strengthening calcium and lactic acid which fights decay and shields teeth against harmful bacteria.



Flaxseed is rich in Omega-3 fatty acid which can reduce inflammation and may protect against gum disease.



Pineapple contains natural stain remover bromelain and increases saliva production.

