



FIVE SUPERFOODS FOR YOUR TEETH

Brushing, flossing and other oral health practices are important for preventing tooth decay and gum disease. But did you know that the types of food you eat also play a key role in whether you have a healthy, beautiful smile?

Here are five superfoods to treat your teeth with.

Cheese

Cheese is an excellent food choice to keep your teeth strong and healthy. It helps to return the mouth to its natural acid balance and help reduce the chances of developing tooth decay. That's why cheeseboards as a dessert alternative is a great idea. Even a little piece of cheese can have the same effect. The same can be said for sugar-free chewing gum (although it may not be great table etiquette!).

Nuts

Unsalted peanuts, walnuts and monkey nuts are really good for bone and therefore tooth development. They may not sound glamorous, but they are a great alternative to crisps.

Dark Chocolate

Dark chocolate contains cocoa, which contains tannin that helps prevent tooth erosion and decay by combating inflammation of the gums. Cocoa also reduces the growth of plaque and appears to lower acid production.

Dark chocolate can also promote blood circulation in the gums. Chocolate has many antioxidants and disease-fighting phenolic compounds that combat cell damage in the mouth and throughout the body. So enjoy a piece of dark chocolate several times a day.

Liver

Liver contains vitamins A and D which can act as antioxidants to prevent gum diseases as well as reduce the chances of tooth decay.

Yogurt

Plain, non-fat yogurt is an excellent source of calcium and a good source of protein. Eating yogurt regularly will support dental health and can be a huge help if you are trying to lose weight.

Bear in mind, for better health you'll want to choose yogurt that is low in sugar.

medenta

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Top Tips for enjoying Easter Eggs and avoiding Tooth Decay:



1. Cut down the frequency of sweet treats.
2. Have a sweet treat only at meal times. A mouth that is already producing saliva will do a better job of fighting off the acid attack. This is because saliva helps to:
 - neutralise the acids
 - wash away food bits
 - repair the early effects of tooth decay by remineralising tooth enamel.
3. Drink a glass of tap water after eating your Easter eggs. This helps to wash away the sugars that create acids and cause decay. The fluoride found in tap water also helps protect your teeth.
4. Brush your teeth with fluoride toothpaste twice a day. However, wait for at least half an hour after eating sugary foods such as Easter eggs before brushing your teeth. This is because sugary foods soften the enamel and - if brushed immediately - there is a danger that you will erode the enamel.
5. Replace your toothbrush regularly (every three or four months or as soon as it looks worn).
6. Visit the dentist and hygienist regularly.



invisalign

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SPORTS DRINKS – KNOW THE DANGERS AND LOOK AFTER YOUR TEETH

A new report by a team of dental researchers discovered significantly higher tooth erosion in triathletes than in non- athletes. In addition, the researchers found that athletes who engaged in more weekly training had more cavities than those who trained less.

The triathletes' high carbohydrate consumption, including sports drinks, gels, and bars during training, can lower the mouth's pH below 5.5, which means there is more acid in the mouth.

After the London 2012 Olympics, research published in the British Journal of Sports Medicine² discovered that more than half (55 per cent) of the athletes had tooth decay. It also revealed more than three in four athletes had gingivitis, which is an early stage of gum disease, and 15 per cent had signs of periodontitis, which is an irreversible gum infection.

So what does this mean?

Athletes require plenty of sugary and energy drinks across a prolonged period of time to get them through their respective sports. However, by consuming too many sports and energy drinks, athletes are at risk of dental erosion. This is the loss of tooth enamel caused by acid attacks, a process that can be triggered by consuming fizzy drinks too often. Enamel is the hard, protective coating of the tooth, and if it is worn away, the dentine underneath becomes exposed and teeth can look discoloured and become sensitive.

Tooth decay happens when sugar reacts with the bacteria in plaque. Sugars from fizzy energy drinks stimulate the formation of acids that attack the teeth and destroy the enamel. Tooth decay causes cavities and results in the need for fillings, and can also result in tooth loss.

The problem is the first point of call pre- gym is for a sugary energy drink. If consumed over a lengthy period of time without the right recovery, it is extremely damaging to teeth.

"The best thing is to use still water. It hydrates you and will keep your teeth healthy. If you do decide to use sugary drinks then take along some sugar free chewing gum for the way out."

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