

Dear Parents and Guardians,

Today, a group of dental hygiene students from CUNY New York City College of Technology visited your child's class. They discussed healthy food choices and toothbrushing.

There are many things you can do at home to help your child maintain a healthy mouth. Encourage your child to choose snacks, like fruits and vegetables and drinks, like milk and water. To decrease the risk of cavities, limit juices to 4-6 oz. per day (half to two-thirds of a cup).

For a healthy smile, please assist your child with brushing his/her teeth twice a day with a pea-sized amount of fluoride toothpaste. If using a manual toothbrush, select one with soft bristles and brush gently with circular strokes. If using a power toothbrush, place the brush head on one tooth at a time. Avoid making any type stroke with this type of brush.

Oral health and good habits are important. A healthy mouth leads to a healthy body. Together, you and your child can keep that smile bright!

Reference

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<https://www.webmd.com/oral-health/diet-oral-health#1>

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THE GOOD GUYS



FIBRE-RICH FRUITS AND VEGETABLES.

Foods with fibre stimulate saliva flow, which, next to good home dental care, is your best natural defense against cavities and gum disease. About 20 minutes after you eat something containing sugars or starches, your saliva begins to neutralize the acids and enzymes attacking your teeth. Because saliva contains traces of calcium and phosphate, it also restores minerals to teeth.



MILK, YOGURT, AND DAIRY PRODUCTS.

Cheese is another saliva generator. The calcium in cheese, and the calcium and phosphates in milk and other dairy products, help put back minerals your teeth might have lost due to other foods.



GREEN AND BLACK TEAS.

Black and green tea contain polyphenols that interact with plaque bacteria. These substances either kill or suppress bacteria, preventing them from growing or producing tooth-attacking acid.



FOODS WITH FLUORIDE.

Fluoridated drinking water, or any product you make with fluoridated water, helps your teeth. This includes powdered juices (as long as they don't contain a lot of sugar) and dehydrated soups. Commercially prepared foods, such as poultry products, seafood, and powdered cereals, also can provide fluoride.

THE BAD GUYS



STICKY CANDIES AND SWEETS.

If you eat sweets, go for those that clear out of your mouth quickly. So thumbs down for lollipops, caramels and cough drops that contain refined sugar. Surprisingly, thumbs up for chocolate, which, because its sugars are coated in fat, slips easily out of your mouth.



STARCHY FOODS.

Avoid anything that can get stuck in your teeth. They can be missed by brushing and flossing and well. Soft breads, potato chips and popcorn should be avoided when possible.



CARBONATED SOFT DRINKS.

While we're at it, be sure to add sports drinks to this list. Besides being laden with sugar, most soft drinks contain phosphoric and citric acids that erode tooth enamel.



ANYTHING THAT DRIES OUT YOUR MOUTH.

Alcohol and many medicines can remove the saliva that helps clean and protect your teeth. If medications are causing dryness, consider talking to your doctor about getting a fluoride rinse, or a fluoride gel with which to brush your teeth.