

You Are What You Eat!

**Presented by the Dental Hygiene Students of NYC College of
Technology:**

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NEW YORK CITY COLLEGE OF TECHNOLOGY
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Ice Breaker



We will be asking a few interactive questions. When you have your answer, please stand up and go to different parts of the room depending on your answers.

- Did you drink juice today?
- Chocolate vs. regular milk
- How often do you snack in a day? 3+ vs. 3-
- Do you prefer eating sticky or crunchy foods? Ex: Gummy bears vs. chips

What is Bacteria?

Q: Does anyone know what bacteria/germs are?

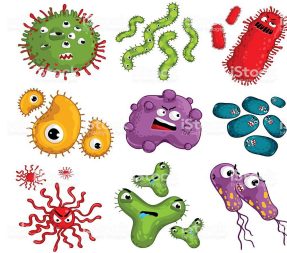
Q: Where can we find them?

Everyone here, including me and my friends, have bacteria in our mouths.

- These bacteria are called **normal flora**, a fancy word for saying they are our friends!
- Keep our mouth clean and healthy
- If there's too many, they can hurt us → important to brush and floss our teeth



Streptococcus Mutans



Sticky Foods



Q: What are some examples of sticky foods?

- Gummy bears/worms
- Bread
- Peanut butter

These foods can get stuck between our teeth and stay for a long time, even after brushing! That is why it is also important to floss.

Sticky foods
get stuck easily
between our
teeth.

Food that we
eat are also
food for the
bacteria!

Bacteria
produce **lactic
acid** to help
break things
down.

This causes
cavities to form.

What is a Cavity?



Q: Did you know that teeth is the strongest tissue in your body?

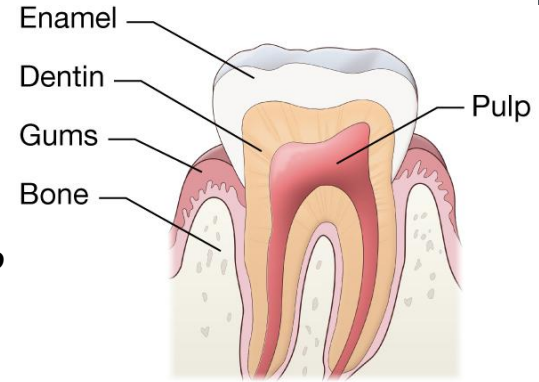
Our teeth is covered by something very strong called **enamel**.

Enamel protects the inner layer of our teeth called **dentin**.

When you have a cavity, your tooth starts to become soft and chalky.

Eventually, you will have a hole in your tooth known as a cavity.

When it gets very bad, your tooth can become sensitive to cold, hot and even sweets.

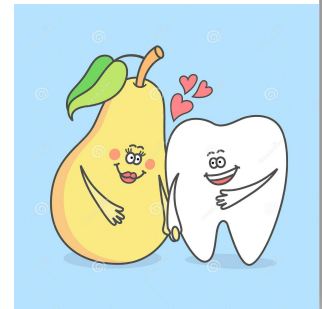


Crunchy Foods

- You are what you eat, and it is absolutely true when it comes to your teeth!!
- There are certain crunchy foods that are good for your teeth and then, there are others that are not.

The Good Guys

- Contain a lot of water → reduce the sugar in the food
- Requires a lot of chewing → more saliva → cleans teeth
- **Fruits**, such as apples and pears
 - It's a workout for your mouth; it helps wipe away plaque-causing bacteria.
 - Full of healthy fiber
- **Veggies**, such as carrots and celery
 - Help make more saliva
 - Saliva is a natural defense/fighter against cavities.



The Bad Guys



- **Popcorn**
 - Cause tiny cracks in the outer layer of your teeth, which is enamel.
 - Kernels can get stuck under the gum causing pain, irritation, and infection.
- **Crackers**
 - High in sugar
 - Turn into sticky goo that gets caught in between our teeth. Bacteria loves to feed on them.
 - Whole-grain crackers is a better option because they take longer to turn into sugar.
- **Potato chips & pretzels**
 - Similar to crackers
- **Ice (Ice cubes)**
 - Chewing on ice may damage your enamel



Mini Acid Experiment

Q: How are eggshells similar to tooth enamel when it is exposed to acid?

Q: What is acid?

- A chemical substance that can dissolve, “melt”, metal and usually tastes sour

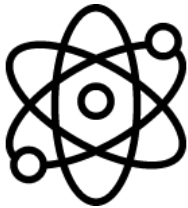


Mini Acid Experiment



What Do We Learn From this Experiment

1. Eggshells are a lot like tooth enamel; they will get eaten away when they come in contact with acid.
1. Acid can slowly dissolve your teeth enamel and make them softer and more susceptible to bacterial invasion.
1. Acidic drinks are not good for us.



Acidic Drinks

- Includes fruit juices, sodas and energy drinks
- Often brightly colored liquids
- Contains a lot sugar



**Taking
frequent
sips while
drinking**



**Creates an
acidic (low pH)
environment in
the mouth.**



- **Cause erosion of the enamel and expose the dentin layer**
- **Can get cavities easier**



- Best to consume acidic beverages only during mealtimes, not to sip it throughout the day
- Healthier options include milk, water, and sugar-free beverages such as limited amounts of seltzer water and tea

Summary

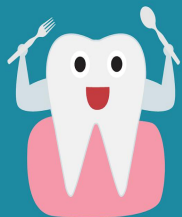
Each student will be given a photo and will be asked to come up to the poster board. Please decide if the food/drink will be good or bad for your teeth.

GOOD FOOD FOR TEETH



BAD FOOD FOR TEETH





Healthy Teeth Starts with A Healthy Diet



VITAMIN A



KALE

PAPAYA



CARROT

PUMPKIN

VITAMIN C



ORANGES

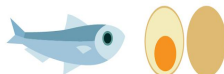
LEMON



CABBAGE

CAULIFLOWER

VITAMIN D



SARDINES

EGG



SALMON

COD LIVER OIL

CALCIUM

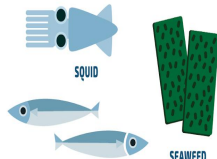


MILK

CHEESE

YOGURT

FLUORIDE

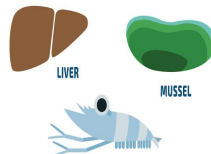


SQUID

MARINE FISH

SEAWEED

PHOSPHORUS



LIVER

MUSSEL

GOOD FOOD

vs.

BAD FOOD

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.

THANK YOU VERY MUCH! ANY
QUESTIONS? :)

