

# BEST PRACTICE DIETARY GUIDE

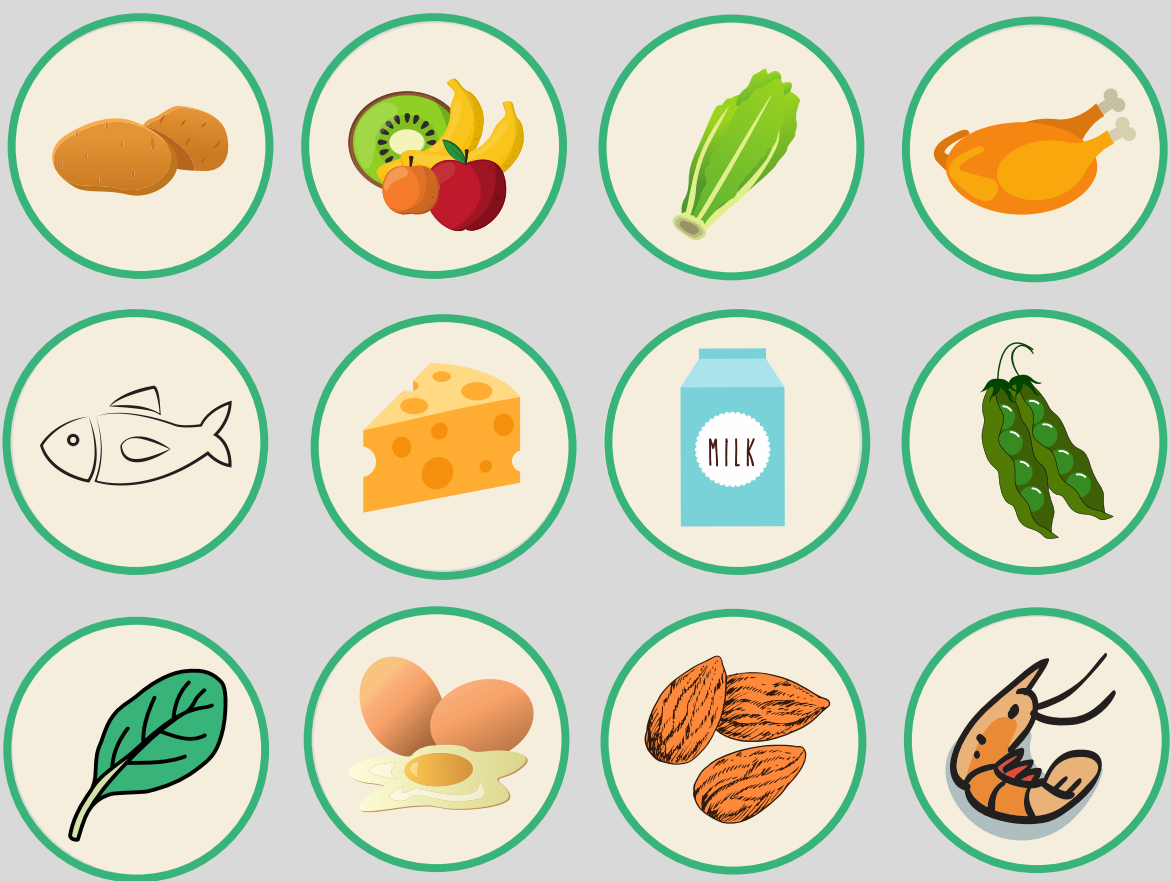
## FOR MAINTAINING ORAL HEALTH

Having a healthy diet can be seen in no better place than in your teeth and maintaining a healthy diet is the easiest and most effective way of keeping your teeth clean and free of cavities and decay.

This guide explains some of the best practices to maintain your oral health with the foods you should be consuming, as well as some foods you should limit (or avoid).

### RECOMMENDED FOODS

For good dental health, we all require specific nutrients which are beneficial for healthy teeth and gums. Essentially, a diet with vitamins, minerals, iron, calcium, phosphorus and fluoride are some of the best elements to include in a day-to-day diet.



### FOODS TO AVOID / LIMIT

It goes without saying that high levels of sugar consumption is often the cause of common dental problems, whether it's tooth-ache, tooth decay or cavities. Most of the foods which cause damage to our oral health tend to contain high levels of sugar and can dry the mouth out, therefore prevents food from being washed down.



### ORAL HEALTH TIPS

Foods consumed as a meal are less harmful to your oral health than snacking throughout the day as your mouth releases more saliva.

Regular brushing **twice a day** with a fluoride toothpaste keeps your mouth clean and removes plaque and trapped foods built up throughout the day.

As well as this, you should ensure regular trips to your London dentist who can treat oral problems whilst they occur in the early stages.

