

# A Well Balanced Diet Helps Keeping Teeth Bright & Healthy

June 19th, 2011

By Dental Health Magazine staff

Categories: [Nutrition](#)



In order to have a nice set of **white and bright teeth** that are also healthy in the inside, besides sticking to a daily brushing & flossing regimen, you also need to stick to a **healthy diet**.

Bad sugars should definitely be avoided, and instead you should introduce into your diet food that is rich in essential vitamins and minerals. Thus you are going to have **healthy teeth**, but also **healthy gums**.

The bacteria existent in the mouth build up residue and stick to the teeth, and this is known as plaque. When you eat sugary foods, the bacteria will break down sugar into acid, which in turn will eat away at the enamel of your teeth.

This acid is the biggest enemy of the tooth, because it can eat away even deeper at your tooth, creating a disaster in there.

Many people think that dried fruits are healthy, but they miss an important fact. With dried fruits, moisture is in-existent, but the sugars + the acid remain, and thus you will get a chewy snack that sticks to your teeth, and may cause some damages there.

Here you have a few important notes on how you can keep healthy teeth by eating the proper foods:

- Sugar and starch are enemies. If you don't have to, then don't eat or drink anything containing sugar and starch (you should be especially careful with soft [drinks](#) and candy)
- When you crave for something sweet, eat it at one sitting. It is not good to eat high sugar content sweets throughout the day (like a box of candies that you will eat all day long). Fancy an ice-cream or a delicious pastry? Eat it, but then restrain yourself for the rest of the day from candies, chocolate bits and what not.
- If possible, stay away from dried fruit. Instead, prefer fresh fruits, which although do have sugar content they are much more efficient at producing saliva that will dilute the acid in your mouth.
- If you like [chewing gum](#), always choose the sugar free ones.

Then, don't forget to always eat foods that are high in nutrients and which help you keep a healthy set of teeth.

For strong teeth and bones, remember to eat high Calcium content foods (leafy veggies, and a handful of almonds every day instead of prepackaged snacks).

Then, Vitamin C is extremely important for healthy gums (found in tomatoes, pepper, or broccoli and of course citrus fruits).