

## Remember to eat teeth-healthy foods.

### Teeth-healthy foods include:

- Fruits
- Vegetables
- Yogurt
- Milk
- Salad
- Sugar-free gum with Xylitol

### Foods to eat in moderation include:

- Whole wheat pasta
- Potato chips
- Pretzels
- Peanut butter
- Juice
- Breads and crackers
- Chocolate milk

## Remember to brush for two minutes, twice a day.

For more information on oral health, visit [health.maryland.gov/oral-health](http://health.maryland.gov/oral-health).



MARYLAND  
Department of Health

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**FOODS FOR HEALTHY TEEN**  
Good nutrition is important for good oral health.

# Whether you are young or old, good nutrition is important for maintaining good oral health.

## What vitamins help make a healthy mouth?

**Vitamin D** is found in dairy foods and strengthens teeth and bones.

**Vitamin B** is found in breads and cereals along with iron and helps make healthy gums.

**Vitamin C** is found in fruits and keeps your gums healthy.

## What causes tooth decay?

Tooth decay starts with plaque. It is a sticky substance that forms on your teeth after eating.

Each time you eat or drink sugary foods, the germs in plaque make acids that attack and weaken the tooth surface.

Plaque can cause gum disease because it irritates the gums and makes them red and swollen.

The germs in plaque spread from person to person by sharing cups, eating utensils, and toothbrushes.

Hard candies, mints, or sticky foods like caramels or jelly beans stay in the mouth longer and can increase risk of tooth decay.

Eating starches or sugars at mealtimes is better than eating them in between meals.

Drinking sugary liquids, including 100 percent juice, also increases the risk for tooth decay and should be limited.

## How much juice?

Age (Years)	Recommendation
Under 1 year	No juice
1-3 years	4 oz. per day
4-6 years	4-6 oz. per day
7-18 years	8 oz. per day

Recommendations of the American Academy of Pediatricians

Whole fruit is always preferred.

## You can avoid tooth decay.

- **Brush** your teeth with fluoridated toothpaste at least twice a day.
- **Limit** sugary foods and drinks especially between meals.
- **Eat and drink** at one sitting instead of sipping and snacking all day long; avoid frequent snacking.
- **Drink tap water** if your community water system or private well has fluoride in it. Drink tap water in between meals instead of sugary drinks.
- **Remember**, the next time you reach for a snack, pick a food that is low in sugar and low in fat.