

Foods that protect your teeth

Some foods help protect your teeth with their calcium content and other nutrients. Protein-rich foods are rich in phosphorous, which helps protect and re-build tooth enamel. Low-sugar foods prevent tooth decay by limiting acid formation on your teeth, which leads to tooth decay. Fruits and vegetables are high in water and fiber, which balance the sugars they contain and help clean your teeth. Plus, they help stimulate saliva production, and provide other nutrients important for healthy gums.

Foods that benefit your teeth:

- Meat, fish, poultry, eggs, and nut butters
- Milk, plain yogurt, cheese, tofu, leafy greens, and almonds
- Vegetables and fruit
- Water is the most tooth-friendly beverage

