

MARCH

# A healthier mouth is on the menu

## Oral health and nutrition: What you should know



What you eat can have a big impact on your oral health. The more you know, the more you're able to make healthier decisions.

### Breakfast is the most important meal of the day

Kids who eat breakfast are four times less likely to get cavities and need to go to the dentist less.\* Eating breakfast also allows people to feel fuller and eat fewer sugary snacks throughout the day.\*

### Mouth-friendly foods\*\*

- › Fruits and vegetables (try to get five servings per day!)
- › Cheese, milk and low-sugar yogurt
- › Sugarless gum

### Mouth-friendly drinks\*\*

- › Water
- › Green and black teas

### A safer way to have sugary or starchy foods\*\*

Have them at the same time as a meal, when there's more saliva to reduce the effect of the acid made by oral bacteria when we eat. And try to drink water after.

### A safer way to have sugary drinks and alcohols\*\*

Use a straw. That way, your teeth have less exposure.



#### Schedule a check-up today

Regular cleanings help keep your mouth healthy. Find an in-network dentist at [myCigna.com](https://myCigna.com).

\*Lundgren, A. M., Öhrn, K., & Jönsson, B. (2015, July 22). Do adolescents who are night owls have a higher risk of dental caries? – a case-control study. Retrieved December 12, 2016, from <http://onlinelibrary.wiley.com/doi/10.1111/idh.12165/full>.

\*\*Foley, Maryann, et al. The Best and Worst Foods for Your Teeth, University of Rochester Medical Center, [www.urmc.rochester.edu/encyclopedia/content.aspx?contenttypeid=1&contentid=4062](http://www.urmc.rochester.edu/encyclopedia/content.aspx?contenttypeid=1&contentid=4062).

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