

# Oral Health and Diet



## What You Eat Matters

- **Eat healthy food to keep your teeth and body strong.**
- **Limit sugary food & drinks to help prevent cavities.**
- **Drink fluoridated water to make your teeth stronger.**

*A poor diet can lead to tooth decay (a cavity).*

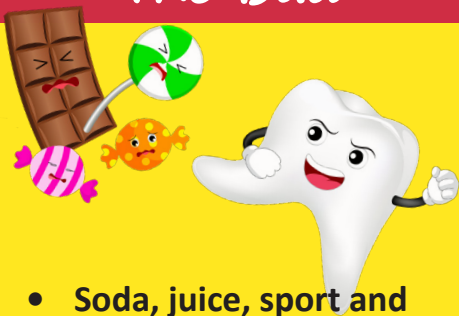
For more information, visit [mouthhealthy.org](http://mouthhealthy.org) and search for Diet and Dental Health.

**Brush your teeth twice a day with a fluoride toothpaste!  
Floss daily!**

# The Good

- Fruits and vegetables
- Lean meats
- Cheese, milk and plain yogurt
- Whole wheat bread, oatmeal and popcorn
- Peanut butter, nuts, beans and eggs
- Sugar-free gum

# The Bad



- Soda, juice, sport and energy drinks
- Candy and sugary gum
- Pastries, cookies and cakes
- Chewing ice

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Missouri Department of  
Health and Senior Services  
Office of Dental Health

[oralhealth.mo.gov](http://oralhealth.mo.gov)

**573-751-5874**

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#157 08/21