

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).

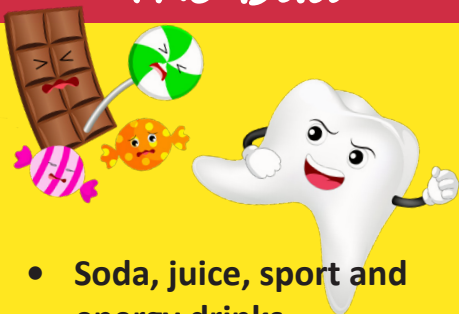
For more information, visit mouthhealthy.org and search for Diet and Dental Health.

**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

Missouri Department of Health and
Senior Services
Office of Dental Health

health.mo.gov/living/families/oralhealth/

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#157 10-2019