Mouth-friendly foods

Did you know that certain foods can naturally cleanse and whiten your teeth? They can also fight harmful bacterial and prevent enamel erosion. Stock up on these foods to help maintain a happy smile.

Basil
A natural antibiotic that reduces bacteria in the mouth.



Broccoli
Forms an acid-resistant film on teeth that can help prevent enamel erosion.



Carrots
Full of Vitamin A which is necessary for forming tooth enamel.



Celery
Activates saliva production which assists in cleansing food particles from the teeth and dilutes sugars or acids in the mouth.



Cheese
Contains lactic acid which helps prevent tooth decay.



Ginger
An anti-inflammatory to support healthy mouth tissue.



Green Tea
Contains an antioxidant called catechin which reduces bacteria growth that causes gingivitis.



Kale or Chard
High in minerals that support tooth structure.



Kiwi
Packed with more Vitamin C than any other fruit. A lack of Vitamin C can break down the collagen network in your gums, making them tender and more susceptible to bacteria and gum disease.



Lemons
A natural "whitener" and assists with pH balance in the body.



Onions
Contain sulphur compounds which reduce certain bacteria that can cause tooth decay.



Pineapple
Helps you produce extra saliva. Combine that with its citric acid and you have an all-natural, bacteria-fighting mouthwash.



Quinoa
A super grain with a load of minerals including calcium, magnesium, manganese and phosphorus to strengthen teeth.



Salmon
A great source of Vitamin D which makes it easier for your teeth to get the full power of calcium from other foods you are eating.



Sea Salt
Offers a blend of minerals needed to mineralize and strengthen your teeth. Himalayan or Celtic is suggested.



Sesame Seeds
Help reduce plaque and, due to their calcium content, provide a necessary mineral for your teeth.



Shiitake Mushrooms
Contain a sugar called lentinan which prevents mouth bacteria from growing.



Stevia
A natural sweetener that does not have an "acid effect" on your teeth like sugar.



Strawberries
Great "scrubbers" that are high in fiber and Vitamin C, which is beneficial for gum health.



Wasabi
A Japanese version of horseradish which contains compounds called isothiocyanates to arrest bacteria growth.



Xylitol
A sugar substitute that studies show prevents tooth decay. It is very beneficial in gum and mint form.





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