



Oral Health Connection

Keep Your Smile Healthy

Trying to keep your oral health and diet in check without sacrificing taste? Salads don't have to be bland and boring to be healthy; they can actually be quite the opposite. Changing up your salad ingredients and trying new combinations can keep your meals diet friendly and your taste buds happy. Just remember that a salad can quickly become a diet disaster when topped with unhealthy ingredients such as creamy dressings, tortilla strips, croutons and fried chicken!

Smile-friendly salad ingredients

Consider adding these ingredients to your next salad and create your own recipe for a healthy mouth and body.

Yogurt-based dressing:

Yogurt is high in calcium and protein, both nutrients that help strengthen tooth enamel. Yogurt can even help protect against bad breath!

Cheese:

According to a study published by the American Academy of General Dentistry, eating cheese helps raise pH levels in your mouth and increase saliva flow, lowering your risk for tooth decay. Like yogurt, cheese also contains enamel-strengthening calcium and protein.

Nuts:

Nuts are high in folic acid, calcium, protein and other nutrients while containing low sugar counts. Adding a handful of cashews, slivered almonds, pine nuts or walnut pieces into your salad can be a great substitute for croutons.

Cranberries:

Fresh cranberries are rich in polyphenols (just like in tea!) that help keep plaque at bay. Cranberries do this by stopping decay-causing bacteria from clinging to your teeth.

Apples, carrots and celery:

Crunchy fibrous fruits and vegetables such as apples, carrots and celery help increase saliva production and act like a natural toothbrush, scrubbing food particles and bacteria.

Dark leafy greens:

Leafy greens such as kale and spinach are packed full of vitamins and minerals, not to mention low in calories! They also contain calcium and folic acid, a type of vitamin B, which promote cell growth and repair, as well as oral disease prevention.

**You can find more oral health tips by logging in to our
online member portal at DentalCarePlus.com.**

T H E P L U S I S S E R V I C E