



Oral Health Connection

Keep Your Mouth Healthy While Enjoying Sweets

Trying to keep your oral health in check but have a 'sweet' tooth for candy? While swearing off of sweets completely is an unlikely solution, learning about the better options available and practicing moderation can help keep your smile happy and healthy.

Recognize candies to avoid.

- Chewy/sticky sweets such as caramel and gummies which are extra difficult to remove from teeth.
- Sour candies which are highly acidic and can quickly damage tooth enamel.
- Candies containing high levels of sugar such as candy corn and many fruit flavored candies, which can promote tooth decay.

Identify better candy options.

- Sugar-free lollipops and hard candies can stimulate saliva and help rinse your mouth.
- Sugar-free gum helps to dislodge food particles between the teeth and promote saliva.
- Dark chocolate usually contains less sugar than other chocolates and in small doses, may even positively affect your health.

Drink more water.

Choosing fluoridated water can help rinse your mouth and prevent tooth decay. Choosing water and avoiding beverages with added sugar will limit your sugar intake.

Find the right time to enjoy sweets.

Eating candy and other sugary foods with meals or right after meals while saliva production is increased is less harmful than consuming as separate snack. According to the American Dental Association, this increase will help wash away food particles and reduce bacteria-producing acids in the mouth.

Brush and floss regularly.

Brushing your teeth twice a day and flossing them at least once per day will help keep decay causing bacteria to a minimum. Flossing helps to remove food particles and plaque your toothbrush can't reach.

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

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