

Happy New Year!



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We are all starting the new year with high hopes of getting fit and eating healthy.... and of course looking after our teeth and gums!

What you eat and drink can cause tooth decay, so a healthy diet is important for your teeth. A healthy diet contains foods from different groups, including fruit and vegetables, starchy foods (rice, pasta, bread and potatoes), some protein-rich food (such as fish, meat, eggs and lentils) and some dairy foods.

Limiting the amount of sugar you eat and drink is important to prevent **tooth decay**. Have sugary food and drink only at mealtimes and don't eat sugary snacks between meals.

Most of the sugars we eat and drink are contained in processed and ready-made food and drinks. These include:

- sweets, chocolate, cakes and biscuits
- buns, pastries and fruit pies
- table sugar added to food or drinks,
- sugary breakfast cereals
- sugary drinks, including soft drinks, fizzy drinks, milk drinks and alcoholic drinks, fruit juice
- ready meals

A glass of fruit juice counts towards your five portions of fruit and vegetables a day, but it also contains sugar. When you have sugary food or drink with a meal, it can be less damaging to your teeth so try to drink fruit juice only at mealtimes.

A whiter smile

If you want to keep your teeth as white as possible, try cutting out substances that can stain them. Wine, cigarette smoke, tea and coffee can all discolour teeth. Keep these to a minimum or cut them out completely to stop your teeth from becoming stained.

Top Tip Brushing teeth twice a day including the gum margin, flossing and mouth rinse will keep gums healthy.

How to floss..... Flossing isn't just for dislodging food wedged between your teeth. Regular flossing may also reduce gum disease and bad breath by removing plaque that forms along the gum line.

- Take 12-18 inches (30-45cm) of floss and grasp it so that you have a couple of inches of floss taut between your hands.
- Slip the floss between the teeth and into the area between your teeth and gums, as far as it will go.
- Floss with 8 to 10 strokes, up and down between each tooth, to dislodge food and plaque.
- Floss at least once a day. The most important time to floss is before going to bed.
- You can floss before or after brushing.

You can use interdental Tepe brushes instead of flossing, especially if your teeth are very close together and you find it difficult to manoeuvre dental floss through the gap. Ask us which size you require. We also have floss picks which are an easy alternative to floss.

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