

Tips to Promote a Healthier You, from a Nutritionist



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Avoid sugary and acidic foods and drinks.

Food and beverages that are highly acidic or loaded with sugar can wreak havoc on your oral health, especially if consumed regularly. Common items such as candy, lemon water, highly acidic fruits like oranges and sodas interact with the bacteria within plaque to produce acid that slowly dissolves the enamel, creating cavities in teeth.¹

If you are consuming these types of foods or drinks, it's important to wait at least 30 minutes before brushing your teeth as it can damage enamel. When it is time to brush, I recommend a power toothbrush like **Philips Sonicare 4100** to remove food, plaque and bacteria as it offers a powerful, yet gentle clean.



Balance your food.

A well-balanced diet full of fruits, vegetables, lean protein, whole grains, and dairy is a great way to support your overall health.

Incorporating a variety of foods in your diet will help ensure you get a range of essential vitamins and minerals in the right amounts. Calcium is a mineral found in many foods (e.g. milk, cheese, yogurt, etc.) and is essential for forming and maintaining healthy teeth.



Moderation is key.

While it's important we enjoy our favorite treats, it's equally as important to maintain a balanced and varied diet.

Eating in moderation has been proven to help with weight loss, weight management and helping you stay healthy.² Enjoying our favorite treats is normal and inevitable, so when you do enjoy a dessert or snack high in sugar or simple carbohydrates, make sure you are practicing an effective oral healthcare routine to prevent the development of cavities and tooth decay.



Indulge in foods that help your sleep cycle!

Your sleep quantity and quality is easily impacted by what foods you are consuming and your nutritional status. Studies suggest that a diet lacking key nutrients such as calcium, magnesium, and vitamins A, C, D, E and K may be associated with sleeping problems³ such as trouble falling asleep and staying asleep, as well as oversleeping.

Don't let this become a cycle, make sure you are meeting your nutritional needs by eating a variety of nutrient-rich foods to enhance your sleep quality rather than harm it!

¹Action Sugar, Sugars and tooth decay (ActionSugar.org)

²US News, What Does 'Eating in Moderation' Really Mean? (USNews.com)

³Sleep Foundation, Nutrition and Sleep (SleepFoundation.org)