

Healthy Diet: Healthy Smile



well-balanced diet including calcium is crucial for healthy bones, teeth, and muscles. Vitamin C is important as an antioxidant, to maintain and repair healthy connective tissue and lower the risk of infection.

The first stage of gum disease is gingivitis. It causes gums to turn red, swell, and bleed easily. According to the American Academy of Periodontology, research showed that patients who consumed less than the recommended 60mg of vitamin C a day (about one orange) were at nearly 1 1/2 times the risk of developing severe gingivitis as those who consumed 3 times the recommended daily average. Likewise, it is reported that men and women, particularly those in their 20's and 30's, who have calcium intakes of fewer than 500mg were almost twice as likely to have periodontal disease.

Not only is the health of our teeth and gums directly affected by what we put in our mouths, so is their color. Tobacco and certain foods and drinks can stain your teeth. However,

nature does help with reversing discoloration through raw vegetables. They contain cellulose and fiber, which together act as an abrasive to help scrub stains from your teeth.

Let's discuss your particular diet and how to nourish both your body and your smile with healthy nutritional and lifestyle choices.

By: Robert H. Peterson, DDS

You've heard the expression, "You are what you eat." Let's examine how your teeth, gums and dental health truly are a reflection of what you consume.

A beautiful smile includes healthy teeth and gums. However, gum disease (gingivitis and periodontitis) is a bacterial infection that can destroy the tissues that support the teeth. A



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