



SAY 'CHEESE'

Did you know that there are more than 1,000 types of cheese? Packed with calcium and able to restore enamel, this dairy product is more than just a tasty topping — it can also offer a boost to your dental health. But before you stock up your fridge, make sure you know your cheeses. Not all types offer the same advantages.

CHAMPION CHEESES

When you're looking for a tooth-friendly appetizer, these cheeses are the real deal.

Aged

- › Monterey Jack
- › Cheddar

Soft-ripened

- › Brie
- › Camembert

Blue

- › Gorgonzola
- › Roquefort



SMILEWAY® WELLNESS PROGRAM

Visit mysmileway.com — a one-stop shop for oral health-related tools and tips, including interactive quizzes, a risk assessment tool and the oral health e-magazine *Grin!* Kids can enjoy stories, games and more at mysmilekids.com.

"TAKE IT EASY" CHEESES

With added sugars and reduced cheese content, processed cheese products can wear down your enamel, increasing your chance for cavities.

- › Pre-packaged cheese dips
- › Cheese sprays
- › American cheese

THE MAGIC BEHIND THE CHEESE¹

- › Calcium and phosphorus strengthen bone.
- › Casein and whey protein build up enamel to prevent cavities.
- › Chewing stimulates saliva flow to wash away sugar and bacteria.

¹Herod, Edward L. "The Effect of Cheese on Dental Caries: A Review of the Literature." *Australian Dental Journal* 36.2 (1991): 120–25.

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