



# CHEW ON THIS

## DO'S AND DON'T'S FOR HEALTHY TEETH

Take care of your teeth by choosing a well-balanced diet. Enjoy a variety of foods, including vegetables and fruits, whole grains, proteins and dairy.

### DO...

- › **Eat more calcium and vitamin D** to extend the life of your teeth.
- › **Drink tap water** to keep your mouth moist, protect oral tissues and wash away bacteria-causing sugars. The added fluoride strengthens enamel.
- › **Munch on raw fruits and vegetables**, like sliced apples and celery sticks, to increase saliva production and cut down bacteria.
- › **Follow meals with xylitol gum** when you don't have a toothbrush handy. The natural sweetener has been found to slow bacterial growth.

### DON'T...

- › **Snack on soft, sweet and sticky foods** — they stay on teeth and promote decay.
- › **Nibble on simple starches** throughout the day. Reduce the impact of these sugars by only eating starch-packed snacks like crackers, cookies or chips alongside a meal.

Our Delta Dental enterprise includes these companies in these states: Delta Dental of California — CA, Delta Dental of Pennsylvania — PA & MD, Delta Dental of West Virginia, Inc. — WV, Delta Dental of Delaware, Inc. — DE, Delta Dental of New York, Inc. — NY, Delta Dental Insurance Company — AL, DC, FL, GA, LA, MS, MT, NV, TX and UT. Delta Dental of California, Delta Dental of New York, Inc., Delta Dental of Pennsylvania, Delta Dental Insurance Company and our affiliated companies form one of the nation's largest dental benefits delivery systems, covering 30 million enrollees. All of our companies are members, or affiliates of members, of the Delta Dental Plans Association, a network of 39 Delta Dental companies that together provide dental coverage to almost 63 million people in the U.S.