

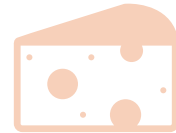
Say 'Cheese'

Boost your dental health with
this dairy delight



Did you know that there are more than 1,000 types of cheese? Packed with calcium and able to restore enamel, this delicious treat is more than just a tasty topping. Here's the magic behind the cheese:

- 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.



Choose your cheese wisely

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

Blue

- Gorgonzola
- Roquefort

Soft-ripened

- Brie
- Camembert

"Take it easy" cheeses

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

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



Want to know more?

Check out nutrition and oral health articles, videos, recipes and more on mysmileway.com



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