



## The Best Foods for a Healthy Mouth

We all know that exercise is great for the body and overall health, but did you know that exercise is also important to keeping your mouth healthy? Foods that are hard and full of fiber - like whole seeds and nuts, dried meat and whole raw vegetables - are some of the best food choices to help ward off cavities and keep your jaw strong.

Other fun foods that help keep teeth healthy include:

- Cheeses
- Plain yogurt
- Firm fruits like apples

Along with regular trips to the dentist and daily brushing and flossing, the foods we eat play an important role in good dental health. Acidic drinks like wine, coffee and soda, and sugary foods like candy, can cause decay and enamel erosion, along with toothaches.

Routine dental care is important at all ages to help prevent tooth problems and the pain associated with them.

Visit [altusdental.com](http://altusdental.com) to learn more  
about keeping your mouth healthy year-round.