



This list is meant to guide our recommendations of foods and beverages based on their dental implications. We are not nutritionists, so please defer to your primary care provider or nutritionist and know the boundaries of your own diet limitations, sensitivities, and intolerances.

The highest risk for your teeth are items that are highly acidic OR that have a high sugar content (remember, even fruit has natural sugar and carbohydrates break down into sugar).

Items that can be surprisingly high in sugar or acidity:

- Dried Fruit (choose fresh fruit when possible). Check to make sure there is no added sugar.
- Fruit Juice (choose water when possible; when choosing juice on occasion dilute it)
- Milk (most people have an intolerance and don't know it)
- Kombucha (can be very acidic). Drinking an entire bottle is usually too much.
- Diet soda (still very acidic). This includes sparkling water.
- Sports Drinks (check the ingredients and the sugar content!). Use coconut water instead.
- Coffee (drink unsweetened or drink it all at once with a meal rather than sipping over long periods of time)
- Natural sweeteners like honey and maple syrup (although the glycemic index is lower than it would be for added sugars, the natural sugar still feed bacteria that can cause cavities). Use Stevia instead.
- **Avoid: High Fructose Corn Sugar, Hydrogenated oils, Sucralose, Aspartame, Saccharin.**

Recommended foods:

- Vegetables
- Meat or Fish. Includes Jerky (check the ingredients. Not all are created equal).
- Eggs
- Whole Nuts
 - o Also consider pairing nut butters with fresh veggies
- Nori seaweed
- Make your own Squeeze Pouches. (check out Infantino Fresh Squeezed). Can be used for adults or kids.

Snacks that can be good in limited quantities:

- Legumes in various forms (beans, peas, lentils, etc)
- Veggies (cut cucumbers, bell peppers, carrots, etc)
- Dips (hummus, bean dips, nut butters)
- Fresh Fruit (limit 1-2 servings per day)
- Cheese (choose less processed options. goat and sheep is best)
- Crackers with nutritional value (beware that crackers tend to accumulate on chewing surfaces of teeth unless properly removed during brushing)
 - o Simple Mills
 - o Mary's Gone Crackers
 - o Rice Crackers (make sure there are only 1-2 clean ingredients)
 - o Beanitos

When choosing food in packages, make sure to read the list of ingredients. If you don't recognize it or can't pronounce it, learn about it to see if it's ok for your body. If you have questions, ask your nutritionist, doctor, or we will be happy to address it at your appointment.

Products to use to remineralize teeth:

Saliva Max
MI paste
Coconut Oil

Supplements to help remineralize teeth (per articles research and books):

Fermented Cod Liver Oil
High Vitamin Butter oil
Vitamin D with K2

Books to read for more information:

“The Dental Diet” by Dr. Steven Lin, DDS
“Nutrition and Physical Degeneration” by Dr. Weston Price
“Cure Tooth Decay” by Ramiel Nagel

Those who experience cavities and are not identifying any risk factors from dietary intake should consider checking for gluten intolerance. Also, check how often food is eaten. Your body needs breaks between food. So if you are constantly snacking or grazing there is a higher chance of tooth decay.