Good Oral Health Leads to Good Overall Health

A healthy smile requires good nutrition. Your oral health is directly related to your overall health, which is why it’s important to stick to healthy foods and drinks without lots of sugar. The right balanced combination of food groups gives you a healthy body and mouth!

1. Fruits
Whole fruits are much healthier than fruit juice. Your fruits and veggies should make up half of what you eat each day. Fresh, frozen, dried, or canned – they all count!

2. Vegetables
No single vegetable can give you all the nutrients your body needs, so switch up your sides between green beans and leafy greens, red and orange veggies, and cruciferous veggies like broccoli. The higher your intake of veggies, the lower your risk is of developing cardiovascular disease!
### 3. Dairy
Dairy products are made from milk and retain their calcium. The calcium in dairy is vital to bone health. Diets that provide 3 cups or the equivalent of dairy products per day can improve bone mass.

### 4. Grains
Whole grains should make up half your daily grain intake. They provide dietary fiber that may help reduce blood cholesterol levels and lower risk of heart disease, obesity, and type 2 diabetes.

### 5. Protein
Meat, poultry, fish, eggs, nuts, and seeds supply the nutrients we need to have energy. It’s recommended we eat eight ounces of seafood per week.

### 6. Fluid
When you’re thirsty, reach for water and drink at least eight glasses a day to stay hydrated. Water is the best drink for your teeth!

### Healthy Oils
Oils provide us with necessary fatty acids and vitamin E. Soybeans, olives, corn, sunflowers, and peanuts all contain healthy oils. Choose unsaturated oils instead of saturated fat for healthy eating habits. Some plant oils like coconut and palm oil are higher in saturated fat, so be aware and eat them less often.

### Herbs & Spices
Not only do they add some fun and flavor to a meal, herbs and spices also have great health benefits. Cinnamon lowers blood sugar and has a powerful anti-diabetic effect. Sage improves brain function and memory, and peppermint is great for stomach and digestion issues. Turmeric, a savory yellow spice, has several nutritious qualities and helps soothe inflammation.

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