






FIVE TIPS TO KEEP MOUTHS HEALTHY THIS HALLOWEEN

As Halloween approaches, the American Dental Association and Florida Dental Association have some tips to help kids (and parents) keep their mouths healthy while still enjoying the holiday.

-  Avoid snacking on candy, as well as drinking sugary beverages, throughout the day. Instead, enjoy these treats after mealtimes, as increased saliva production from a meal will help prevent tooth decay.
-  Be wary of chewy candies like taffy, which stick to your teeth longer than chocolate, and hard candies that take longer to consume. The longer a sugary food is in your mouth, the higher the risk for tooth decay.
-  Look for sugarless gum as a candy alternative, as chewing sugarless gum after meals helps reduce tooth decay by increasing saliva flow that helps wash out food and dental plaque bacteria.
-  Balance out the increase of sugary candies by avoiding sugary beverages such as sodas and sports drinks. Instead, drink fluoridated water, which can help reduce cavities by 25 to 45 percent.
-  Eating foods that are calcium-rich (such as leafy greens, cheese and almonds) and protein-rich (such as meat, eggs, fish and beans) can help rebuild tooth enamel and bone.



And of course, continue to practice ongoing oral health care, including flossing daily, brushing teeth twice a day and visiting your Florida Dental Association member dentist regularly. Keeping these tips in mind will help you and your kids enjoy Halloween treats without the cavity-causing tricks!

For more oral health tips and to find a dentist near you, visit floridadental.org.