

# A healthier mouth is on the menu.

Oral health and nutrition:  
What you should know.



What you eat can have a big impact on your oral health. The more you know, the more you're able to make healthier decisions.

## A healthy, balanced breakfast can help to protect your smile.

Your mouth, like your body, needs nutritious food to stay healthy. Eating a balanced breakfast that is rich in fruits, vegetables, fiber and healthy proteins can help to prevent bad breath, tooth decay, early tooth loss and gum disease.\*

### Mouth-friendly foods\*\*

- Fruits and vegetables (try to get five servings per day!)
- Cheese, milk and low-sugar yogurt
- Sugarless gum

### Mouth-friendly drinks\*\*

- Water
- Green and black teas

## A safer way to have sugary or starchy foods\*\*

Have them at the same time as a meal, when there's more saliva to reduce the effect of the acid made by oral bacteria when we eat. And try to drink water after.

## A safer way to have sugary drinks and alcohols\*\*\*

Use a straw. That way, your teeth have less exposure.



### Schedule a check-up today

Regular cleanings help keep your mouth healthy. Find an in-network dentist at [myCigna.com](https://myCigna.com)®.

\*The Sugar House Dentist. "The connection Between Breakfast and Your Healthy Smile." <https://thesugarhousedentist.com/the-connection-between-breakfast-and-your-healthy-smile>. July 2024.

\*\*University of Rochester Medical Center. "The Best and Worst Foods for Your Teeth." <https://www.urmc.rochester.edu/encyclopedia/content.aspx?contenttypeid=1&contentid=4062> February 2024.

\*\*\*Blackhawk Dental Care. "The Oral Benefits of Drinking Out of a Cup." <https://blackhawkdental.com/2021/07/14/the-oral-health-benefits-of-drinking-out-of-a-straw/>. July 2021.

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