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5 Weight Loss Tips That Are Also Good for Your Teeth

Weight loss is one of the most common New Year's resolutions made every year. Making smart food choices, limiting portion size, and adding regular exercise are the steps you can take to shed pounds, and these changes can benefit more than just your waistline. They can also be good for your teeth.

Planning Meals

Learn how much protein, vegetables, grains, and dairy you should have as a daily allowance. ChooseMyPlate.gov is a resource to help determine the amounts of each type. Too much takeout and less time on meal planning are common failures. Instead, think of food as essential fuel needed for your body to help you look, feel, and function better.



An easy way to start is to think about what your plate should look like, using the image to the left.

Fruits and vegetables

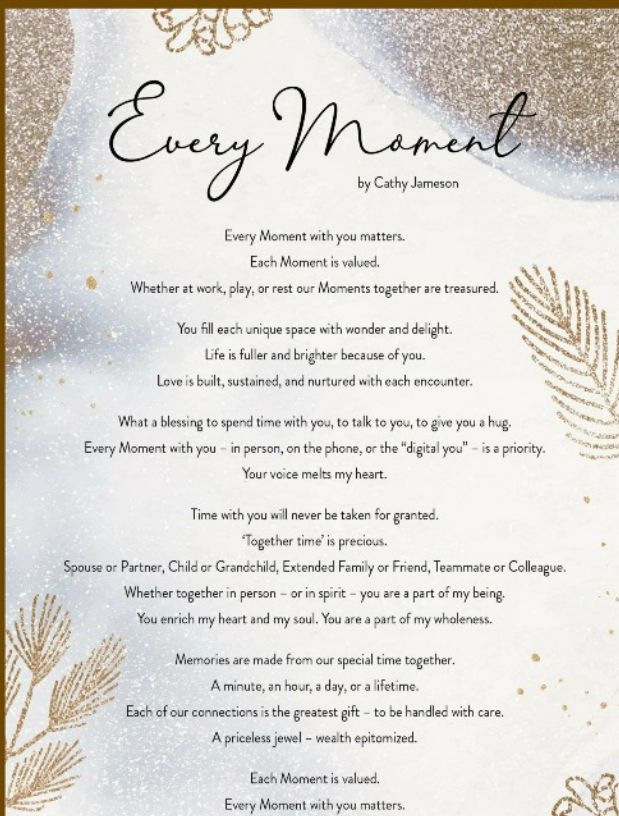
These should cover half your plate. They are high in water and fiber, which balance the sugars they contain, and help to clean your teeth. These foods also help stimulate saliva production, which washes harmful acids and food particles away from teeth and helps neutralize acid, protecting teeth from cavities.

Grains

Whole grains or low-sugar bread and cereals, such as oatmeal, whole wheat bread, and brown rice.

Protein

Make lean protein choices, such as skinless poultry, lean beef and fish. Include eggs, beans, peas, and legumes to vary your diet. These phosphorus-rich foods help keep your mouth healthy and contain valuable protein, which helps keep you feeling fuller for more extended amounts of time.



Let's make 2022 the year of sharing and giving of ourselves. Cherish each and every moment.. For in this selfless giving, we receive the ultimate gift.



Valentine Cinnamon Snack Mix

Ingredients

- 3 cups popped popcorn, divided
- 1/2 cup butter (Earth Balance or regular butter)
- 1/4 cup corn syrup
- 1 cup red hot cinnamon candies, divided
- 1 cup pretzels (I prefer Glutino Gluten Free Pretzels)
- 1/4 cup slivered almonds
- 1 cup white chocolate chips (I use vegan white chocolate chips)
- 1 tsp coconut oil

Instructions

Preheat oven to 250F. Line a baking sheet with parchment paper.

Combine butter, corn syrup, and 3/4 cup of cinnamon candies in a bowl over medium heat. Bring to a boil, and cook for 5 minutes, stirring often.

Pour the hot syrup over the popcorn in a large, heatproof bowl, and stir to cover the popcorn. Spread the popcorn out onto the prepared baking sheet and bake until the candy coating is set (~30 minutes). Let cool completely.

In a large, heat proof bowl, melt white chocolate chips with coconut oil in 30 second bursts, stirring between each burst. When chocolate is melted and smooth, let cool for 1 minute. Add in remaining popcorn, pretzels, red hot candies, almonds and stir to coat well. Add in cinnamon popcorn and stir to mix in.

Pour out onto parchment paper to cool.

Thanks to: www.aroundmyfamilytable.com

Dairy

Choose low-fat or fat-free dairy foods like milk, cheese and yogurt which are low in sugar. They contain protein and calcium, which are great additions for healthy teeth and gums.

Good for your waistline and good for your dental health.

Skip the sugary drinks

Harvard studies contend that in the United States, 2 out of 3 adults are obese or overweight, and 1 in 4 get at least 200 calories a day from sugary drinks like soda, sports, or energy drinks. Since a 20-ounce soda has an average of 227 calories, and about 12.5 teaspoons of sugar, cutting soda from your diet is an easy way to save on calories.



So, choose water, especially fluoridated water. It contains no calories or sugars. It washes away leftover food and keeps dry mouth at

bay. Win-win. No sugar keeps both waistlines and teeth happy.

Dessert:

Reach for a piece of sugarless gum. After eating, chew sugarless gum for 20 minutes. This habit could reduce your risk of cavities. In addition, waiting about 20 minutes after a meal helps your body determine if it's really still hungry.



Working Out

Staying hydrated is essential when exercising. However, skip the sugary, acidic sports drinks to keep from adding extra calories. Instead, water is the best beverage for your body and your teeth. Improve your teeth by drinking tap water. Community water with fluoride actually helps rebuild weak spots on the outer shell of your teeth.

Snacking

When hunger strikes, resist reaching for whatever is around. This habit is an easy way for calories to sneak up on you. Limit snacks to nutritious choices

If you do snack, make nutritious choices —like yogurt, cheese, vegetable, fruits, or nuts. It will help you feel fuller, longer and help your overall and dental health at the same time.

You may even want to try moving your evening brushing time up slightly if you tend to snack at night. No one wants to ruin a clean mouth. This might motivate you to say no to that midnight snack.

