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HAVE A HOWLING GOOD HALLOWEEN!



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Be Cautious of these "Healthy" Foods

We have been told constantly that candy and sodas are detrimental to our teeth. But, did you know that there are so-called "healthy" foods that also harm your smile? For example, the following substances may help your body but damage your teeth.

Ice



While ice won't directly cause cavities or gum disease, munching on it can damage your tooth enamel. The hard surface, combined with the cold temperature, sets the stage for tooth fractures. Even a hairline crack in your enamel puts the tooth at risk for infection and disease.

Almonds

Whole almonds are frequently associated with tooth fractures. Eating almonds too often can also strain the jaw muscles. Instead, opt for almond slivers for an easier-to-chew version of this superfood.

Citrus Fruits

While packed with essential vitamins, Citrus fruits also contain a very high acid content. Tooth enamel is solid but erodes and weakens under an acidic pH. Enamel erosion from too many citric fruits can lead to symptoms such as discoloration, sensitivity, and cavities!

Pickles

Whether sweet or dill, pickles are a no go for your smile. Like citrus fruits, pickles are acidic and can damage tooth enamel over time. If you have that pickle, choose one with no added sugar.



Berries

Blueberries, blackberries, and raspberries, while known for their anti-oxidant powers, can quickly stain your teeth. Be cautious about syrups, sauces, baked breads, or cakes with these stain-causing berries.



BREAD STICK RATTLERS

INGREDIENTS:

- (13.8-oz.) tube refrigerated pizza dough
- 1/4c. OLIVE OIL FOR BRUSHING
- 1/2 tbsp. POPPY SEEDS
- 1 tbsp. SESAME SEEDS
- 3 BLACK OLIVES
- 12 DRIED CHILIES
- store-bought tomato soup for 12

DIRECTIONS

Unroll tube refrigerated pizza dough. Cut into 12 strips on the long side and roll each into 12-inch ropes, tapering one end (to create the tail) and flattening the other end (to create the head).

Wrap each rope in a spiral around a greased 10 1/2-inch chopstick. Brush with olive oil and sprinkle body with poppy seeds and tails with sesame seeds. Cut black olives into small triangles and place on the head of each snake to make the eyes.

Bake on two parchment paper-lined baking sheets at 350°F until golden brown, 15 to 18 mins. Cool 3 mins. before carefully removing chopsticks.

While still warm, use a toothpick to carefully thread dried chiles (cut into tongues) into the tip of the flat end of each snake to make the tongue. Serve with store-bought tomato soup. For added flair, put the soup in a cauldron-like cast iron pot.

Country Living.com

We can no longer offer
Dr. Bob's Smile Plan.

However, we will honor the agreement of the plans that have previously been purchased.



Dried Fruit

Did you know that dried fruit is typically high in sugar? Most have a sticky consistency that allows these sugars to cling to every tooth. Keep in mind that cavity-causing bacteria breeds on these sugars!

White Bread

All breads contain sugars, but the old-fashioned white bread gets easily pressed against your teeth and gums when you eat it.

3 Ways to Help

If you take precautionary steps, you can still enjoy the above foods, even if you are worried about stains, sugar, or acids on your teeth. After eating, do one or more of the following to protect your smile:

Brush and Rinse (always the first line of defense)

Brush. You Must.



Eat Cheese (a natural acid neutralizer)

Drink water to rinse away lingering food debris.



EVERY SINGLE HALLOWEEN



600 MILLION POUNDS OF CANDY IS SOLD

90 MILLION OF IT IS CHOCOLATE!

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