



THE CANADIAN DENTAL
HYGIENISTS ASSOCIATION
L'ASSOCIATION CANADIENNE
DES HYGIÉNISTES DENTAIRES

For immediate release (Disponible en français sur la demande)

Media Release

Dental Hygiene and Your Diet

March 10, 2015 (Ottawa, ON) — During National Nutrition Month, dental hygienists—our partners in prevention—remind us all of the important link between proper nutrition and oral health.

Dental hygienists see first-hand how poor diet and nutrition can affect a person's oral and overall health. Foods high in sugar, such as candies, sweet baked goods, and carbonated drinks, may contribute to tooth decay and periodontal disease, while acidic foods like tomatoes, pickles, and citrus can lead to an erosion of tooth enamel. "Our teeth and gums require essential nutrients to resist oral diseases," states Mandy Hayre, president of the Canadian Dental Hygienists Association (CDHA). "Eating well-balanced meals is an important part of maintaining both oral health and general health."

Dental hygienists will work with you to identify healthy food and beverage choices during regular appointments. As primary health care providers, they also offer the following general tips to keep your mouth and body healthy.

- Choose water over fruit juice or carbonated beverages.
- Eat foods from all four food groups. Fruits and vegetables, in particular, are good at stimulating saliva production, which helps to wash away food and neutralize acid in the mouth.
- Avoid sugary snacks and chewy, sticky foods that cling to the teeth.
- Follow the 2 for 2 rule: brush 2 times a day with fluoride toothpaste for 2 minutes.
- Clean between your teeth and use an antiseptic mouthwash daily.

"By making a commitment to healthy eating and good oral hygiene today," Hayre adds, "you'll be able to flash a healthy smile for a lifetime."

Serving the profession since 1963, CDHA is the collective national voice of more than 26,800 registered dental hygienists working in Canada, directly representing 17,000 individual members including dental hygienists and students. Dental hygiene is the 6th largest registered health profession in Canada with professionals working in a variety of settings, including independent practice, with people of all ages, addressing issues related to oral health. For more information on oral health, visit: www.dentalhygienecanada.ca

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