



# Important Tips for Home Oral Care

Taking care of your oral health has always been important, though, even more during these unprecedented times. Here are a few tips to help you maintain your home oral health care.

## GOOD DIET & NUTRITION

What happens on the outside starts on the inside, showing that diet and nutrition play a significant role in relation to your oral health. Making sure that you have a well-balanced diet and minimizing foods that can compromise your oral health.

- Minimize foods and beverages with excessive amounts of sugar
- Eat a variety of nutrient dense foods, such as fruits and vegetables, lean meat, whole grains and dairy
- Add additional vitamins to your diet where needed, i.e., vitamin D

## TEETH CARE

It is important to make your teeth care a priority to help maintain good oral health. Here are some tips to consider:

- Brushing your teeth twice a day with fluoride toothpaste<sup>1</sup>
- Clean between your teeth daily with floss
- If you have risk of gum disease, consider using a mouth rinse
- If you have risk of cavities, consider using a fluoridated mouth rinse

## LIFESTYLE CONSIDERATIONS

In all healthcare, it is wise to consider your overall lifestyle when considering your oral health. Activities like smoking will take a toll on your oral health care. Discuss these lifestyle considerations with your dentist on your next visit.

For more information please visit: [www.mouthhealthy.org](http://www.mouthhealthy.org)

<sup>1</sup> Recommended by the American Dental Association