

Foods That Fight Cavities



Now you know how sticky sweets promote tooth decay. What you may not realize is that some foods *prevent* tooth decay. Research studies show that certain foods, like cheese and peanut butter, counteract the acids in the mouth that wear down the tooth enamel. (Be careful to buy plain, all-natural peanut butter, without added sugar of any kind.) Other tooth-saving foods include:

- Nuts and seeds.
- Meat, fish, poultry, and eggs.
- Olives and dill pickles.
- Milk, plain yogurt, and cheese.