



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

For immediate release (Offert en français sur demande)

## Media Release

### Dental Hygienists Promote Healthy Eating for Healthy Teeth

March 19, 2018 (Ottawa, ON) — March is National Nutrition Month in Canada and a perfect time to examine our eating habits and their effects on our oral and overall health. As our partners in prevention, dental hygienists remind us that poor nutrition has a negative effect on our teeth and gums, in particular.

“Foods high in sugar, such as candies, baked goods, and carbonated beverages, increase your risks of tooth decay, while acidic foods like tomatoes, pickles, and citrus can lead to the erosion of tooth enamel,” explains Sophia Baltzis, president of the Canadian Dental Hygienists Association (CDHA). Your dental hygienist will work with you to identify healthy food and beverage choices during regular appointments. Dental hygienists also offer the following general tips to maintain a healthy mouth and body:

- Choose water over fruit juice or carbonated beverages.
- Eat lots of fruits and vegetables, which help to stimulate saliva production to wash away food and neutralize acid in the mouth.
- Avoid sugary snacks and chewy, sticky foods that cling to the teeth.
- Brush your teeth twice a day for two minutes each time.
- Clean between your teeth and use an antiseptic mouthwash daily.

Eating well-balanced meals is an important part of maintaining both oral and overall health, so ask your dental hygienist about your diet at your next appointment. By making a commitment to healthy eating and good oral hygiene today, you will enjoy a healthy smile for a lifetime.

Serving the profession since 1963, CDHA is the collective national voice of more than 28,495 registered dental hygienists working in Canada, directly representing 19,000 individual members including dental hygienists and students. Dental hygiene is the sixth largest registered health profession in Canada with professionals working in a variety of settings, including independent dental hygiene practice, with people of all ages, addressing issues related to oral health. For more information on oral health, visit: [www.dentalhygienecanada.ca](http://www.dentalhygienecanada.ca).

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