



Eat right for your teeth

Is that [glass of wine](#) really good for your teeth? Should you avoid [sticky raisins](#)? What are the best mouth-healthy dietary choices if you're a [vegetarian](#) or [watching your weight](#)?

Celebrate National Nutrition Month this March by finding the answers to these questions and more.

Articles

Get a grocery list makeover

Kick off National Nutrition Month with a fridge and pantry makeover that's great for your teeth.



[>> Make over your shopping list](#)

How about a cup of tea?

Green tea can do wonders for your oral health. Pour a cup and relax.

Recipe

[>> Discover the benefits of green tea](#)

Is that food really your friend?

Some foods are your mouth's enemy, promoting tooth decay. Others are on your side, fighting plaque and building healthy teeth and gums.

[>> Learn what to eat and what to avoid](#)

Strawberry-banana ice cream

Indulge your sweet tooth with this delicious salad. Fruity and crunchy, it satisfies your sugar cravings without added sugar.



[>> Get the recipe](#)

Booklet

Healthy mouth, healthy you

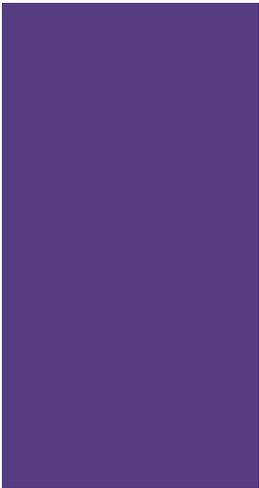
Your dental health has a direct connection with your overall health. Learn more about the relationship between your mouth and the rest of your body.

[>> Download the booklet](#)  PDF 4.7 MB

Video

Nutrition and your teeth

Food is not just the fuel that keeps your body going — it can also support your oral health. Discover the do's and don'ts of eating for your teeth.



[>> Watch the video](#)  **2:57**



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