



## **Nutrition for healthy teeth and gums - healthy and dangerous foods, recommendations**

*Eliseeva Tatyana*, editor-in-chief of the EdaPlus.info project

*Tkacheva Natalya*, herbalist, nutritionist

*E-mail: eliseeva.t@edaplus.info, tkacheva.n@edaplus.info*

**Abstract.** Healthy teeth and gums are a wonderful decoration for the face. In the old days, teeth were used to determine a person's health and performance.

Today, a beautiful smile is an important attribute of a person's attractiveness. It facilitates the establishment of social contacts and helps to achieve success in society. In addition to the social and aesthetic function, teeth and gums have a very important anatomical significance.

The encyclopedia says that teeth are bone formations in the oral cavity that serve to grind food. In addition, they play a significant role in the pronunciation of many sounds. The teeth are located in the dentogingival pockets. The main function of gums is to protect teeth from loosening and falling out.

**Key words:** teeth, gums, description, healthy products, dangerous products, recommendations, folk remedies

### **Healthy foods for teeth and gums**

1. **Carrot** . [1] Contains carotene, which is beneficial for the oral mucosa and gums. Strengthens tooth enamel. In its raw form, it is an excellent simulator for teeth and gums.
2. **Milk** . Contains calcium [2], which is a building material for teeth.
3. **Fish** . Contains phosphorus [3], which is also essential for teeth.
4. **Greenery** . Excellent source of organic **calcium** [4].
5. **Sea kale** . Thanks to the high content of iodine [5] and other useful microelements, it restores metabolism in the body.
6. **Apples** . [6] Excellent for massaging gums, cleaning, and removing plaque.
7. **Pumpkin** . [ 7 ] Contains fluorine [ 8 ], zinc [9] and selenium [10]. Perfectly whitens teeth, makes them stronger and healthier.
8. **Chicory** . Restores metabolism. Stimulates blood circulation in the oral cavity.
9. **Onion** . [1 1 ] Contains vitamin C [12], phytoncides. Helps strengthen gums. Prevents the occurrence of scurvy.

### **General recommendations**

The health of teeth and gums depends on the health of the entire body. Therefore, doctors recommend regular exercise, which stimulates blood circulation in the body and strengthens the immune system.

The diet should contain a sufficient amount of non-acidic **vegetables and fruits , which are an excellent source of vitamins and minerals**. In addition, consuming them raw stimulates blood circulation in the oral cavity, cleanses and massages the gums, and strengthens tooth enamel.

Daily finger massage of the gums is an excellent prevention of periodontal disease.

The most important source of fluoride is **water** [ 13 ] . With a lack of fluoride, tooth enamel weakens. If there is an excess of it, the teeth become covered with black dots. Therefore, it is advisable to drink only water that is as healthy as possible for your teeth!

It is believed that tooth powder is healthier for teeth than toothpaste. You can also brush your teeth with crushed salt and vegetable oil. True, this recipe is not suitable for everyone's taste. But this method was approved even by the USSR Ministry of Health! You can also brush your teeth with the ashes of **banana peels** [1 4 ] or eggplants [1 5 ]. They say that this powder whitens teeth enamel well.

Yogis and some adherents of a healthy lifestyle use twigs of cherry [1 6 ], **pear** [1 7 ], or oak as a toothbrush. To do this, one end of the branch is flattened to separate it into fibers. Use like a regular toothbrush.

A sufficient amount of water on an empty stomach puts the entire gastrointestinal tract into operation, which is a good prevention of dental plaque and the key to proper digestion.

Eating food that is too cold or too hot increases the risk of tooth enamel cracking. It is advisable to consume foods only at room temperature.

Caries can be stopped by restoring the body's defenses. The main thing is to establish a nutritional regime, the completeness of the daily diet. Hardening procedures and feasible physical activity also help get rid of the main destroyer of teeth - caries.

### **Traditional methods for healing teeth and gums**

In some cases, a decoction of chicory with milk is good for restoring tooth enamel. Condensed milk with chicory will also work. Take a few tablespoons a day for at least a week. At the same time, eat stewed fish more often, which is an excellent source **of phosphorus** and iodine.

Propolis tinctures with calamus are considered the most powerful remedy in folk medicine for strengthening teeth and gums. Before rinsing, a few drops of propolis and calamus tincture are mixed in a glass. Rinsing relieves inflammation of the gums and strengthens tooth enamel. Propolis is very beneficial for the entire oral cavity. In addition, it is one of the main components of many medications for periodontal disease.

Calcium-containing powders are also used to strengthen teeth and restore enamel. For example, crushed eggshell powder is suitable. But for its absorption, **the presence of vitamin D is necessary** [18] , which must either be consumed in the form of fish oil [19] or take sunbathing.

### **Harmful foods for teeth and gums**

- **Peeled and unpeeled roasted sunflower seeds** . When peeling **seeds** from the hard shell with teeth, mechanical damage to the tooth enamel occurs. If repeated frequently, the enamel may not recover. A large amount of peeled sunflower seeds can lead to chemical damage to tooth enamel, due to the content of substances harmful to teeth in fried seeds, which cause fragility of the outer shell of the tooth.

- **Rusks and other roughage** . In large quantities it harms the enamel and can injure the gums.
- **Bakery and fast food** . Those who like to eat such foods should think about the condition of their teeth and gums in the future. Since purified and soft food cannot provide a full chewing load. With a regular preference for such products, the gums become loose, posing a threat of tooth loss, and tooth enamel becomes fragile and thin, which creates conditions for infection to penetrate into the teeth.
- **Lemonade, Coca-Cola** and other sweet carbonated drinks [20]. Contains chemicals harmful to teeth. They destroy the enamel.
- **Sugar and oatmeal** . [21] Block calcium absorption.
- **Cherry** [22] , **currants** [23] and other sour berries. Contains fruit acids that destroy tooth enamel.

## Literature

1. Eliseeva, T., & Tarantul, A. (2018). Carrot (lat. *Daucus carota* subsp. *sativus*). *Journal of Healthy Eating and Dietetics* , 4 (6), 43-55. DOI: 10.59316/.vi6.31
2. Mironenko, A., & Eliseeva, T. (2020). Calcium (Ca, calcium) - description, effect on the body, best sources. *Journal of Healthy Eating and Dietetics* , (12), 83-92. DOI: 10.59316/.vi12.77
3. Eliseeva, T. (2022). Phosphorus (P) – value for the body and health + 30 best sources. *Journal of Healthy Eating and Dietetics* , 1 (19), 19-28. DOI: 10.59316/.vi19.154
4. Mironenko, A., & Eliseeva, T. (2020). Calcium (Ca, calcium) - description, effect on the body, best sources. *Journal of Healthy Eating and Dietetics* , (12), 83-92. DOI: 10.59316/.vi12.77
5. Tkacheva, N., & Eliseeva, T. (2021). Iodine (I) – value for the body and health + 30 best sources. *Journal of Healthy Eating and Dietetics* , 4 (18), 75-84. DOI: 10.59316/.vi18.149
6. Tkacheva, N., & Eliseeva, T. (2021). Apples - benefits and harms proven by nutritionists. *Journal of Healthy Eating and Dietetics* , 3 (17), 84-88. DOI: 10.59316/.vi17.130
7. Eliseeva, T., & Yampolsky, A. (2018). Pumpkin (lat. *Cucurbita*). *Journal of Healthy Eating and Dietetics* , 4 (6), 23-33. DOI: 10.59316/.vi6.29
8. Shelestun, A., & Eliseeva, T. (2022). Fluorine (F) – value for the body and health + 25 best sources. *Journal of Healthy Eating and Dietetics* , 1 (19), 33-40. DOI: 10.59316/.vi19.156
9. Tkacheva, N., & Eliseeva, T. (2022). Zinc (Zn) – value for the body and health + 30 best sources. *Journal of Healthy Eating and Dietetics* , 1 (19), 5-15. DOI: 10.59316/.vi19.152
10. Eliseeva, T. (2022). Selenium (Se) – value for the body and health + 30 best sources. *Journal of Healthy Eating and Dietetics* , 1 (19), 55-64. DOI: 10.59316/.vi19.160
11. Tarantul, A., & Eliseeva, T. (2020). Onion (lat. *Állium cépa*). *Journal of Healthy Eating and Dietetics* , (11), 25-36. DOI: 10.59316/.vi11.63
12. Eliseeva, T., & Mironenko, A. (2018). Vitamin C (ascorbic acid) description, benefits and where it is found. *Journal of Healthy Eating and Dietetics* , 2 (4), 33-44. DOI: 10.59316/.vi4.19
13. Eliseeva, T., & Shelestun, A. (2018). Water - description, benefits, effects on the body and the best sources *Journal of Healthy Nutrition and Dietetics* , 1(7). DOI: 10.59316/j.edpl.2018.7.9
14. Eliseeva, T., & Tarantul, A. (2018). Banana (*Musa*). *Journal of Healthy Eating and Dietetics* , 3 (5), 31-43. DOI: 10.59316/.vi5.24
15. Eliseeva, T., & Yampolsky, A. (2019). Eggplant (lat. *Solánium melongéna*). *Journal of Healthy Eating and Dietetics* , 3 (9), 33-44. DOI: 10.59316/.vi9.49
16. Eliseeva, T., & Tarantul, A. (2019). Cherry (lat. *Prúnus* subg. *Cérasus*). *Journal of Healthy Eating and Dietetics* , 2 (8), 2-14. DOI: 10.59316/.vi8.39
17. Eliseeva, T., & Yampolsky, A. (2019). Pear (lat. *Pýrus*). *Journal of Healthy Eating and Dietetics* , 3 (9), 56-68. DOI: 10.59316/.vi9.51

18. Eliseeva, T., & Mironenko, A. (2018). Vitamin D – description, benefits and where it is found. *Journal of Healthy Eating and Dietetics* , 3 (5), 52-67. DOI: 10.59316/.vi5.26
19. Shelestun, A., & Eliseeva, T. (2019). Omega-3 - description, benefits, effect on the body and the best sources. *Journal of Healthy Eating and Dietetics* , (7), 88-93. DOI: 10.59316/j.edpl.2018.7.10
20. Eliseeva, T., & Shelestun, A. (2019). Catalog of drinks (60+) – description, useful and dangerous properties of each. *Journal of Healthy Eating and Dietetics* , (8). DOI: 10.59316/j.edpl.2018.8.8
21. Yampolsky, A., & Eliseeva, T. (2021). Oatmeal. *Journal of Healthy Eating and Dietetics* , (15), 43-60. DOI: 10.59316/.vi15.97
22. Eliseeva, T., & Tarantul, A. (2019). Cherry (lat. Prúnus subg. Cérasus). *Journal of Healthy Eating and Dietetics* , 2 (8), 2-14. DOI: 10.59316/.vi8.39
23. Yampolsky, A., & Eliseeva, T. (2020). Black currant (lat. Ríbes nígrum). *Journal of Healthy Eating and Dietetics* , (12), 71-82. DOI: 10.59316/.vi12.76

[The HTML version of the article](#) is available on the edaplust.info website.

Received 07/05/2020

### **Nutrition for healthy teeth and gums - healthy and dangerous foods, recommendations**

*Eliseeva Tatyana* , editor-in-chief of the project EdaPlus.info

*Tkacheva Natalia* , phytotherapist, nutritionist

*E-mail:* eliseeva.t@edaplust.info, tkacheva.n@edaplust.info

**Abstract:** Healthy teeth and gums are a beautiful decoration for the face. In the olden days, teeth were used to determine a person's health and efficiency. Today, a beautiful smile is an important attribute of a person's attractiveness. It facilitates the establishment of social contacts, helps to achieve success in society. In addition to the social and aesthetic function, teeth and gums have a very important anatomical significance. The encyclopedia says that teeth are bone formations in the oral cavity, which serve to grind food. They also play an essential role in the pronunciation of many sounds. Teeth are located in the dental gum pockets. The main function of the gums is to protect the teeth from loosening and falling out.