

Did you know?

The humble egg, once demonised for being bad for the heart, could help build healthy bones and teeth. Eggs could even join in the fight against heart disease and breast cancer, and help you lose weight*. Rich in phosphorus, which is vital in the development of health bones, eggs are also a good source of vitamins A, B, D and E, and the yolk alone contains 13 essential nutrients.



At last – a diet that gives you something to smile about!

Did you know that trying to look your best by dieting can actually make you look worse?

High protein and yo-yo diets can both affect the body's mineral deposits and produce over acidity that can weaken teeth, as well as bones. What's more diets lacking in certain nutrients can also make it more difficult for tissues in your mouth to resist infection. That's bad news for those wanting a Hollywood smile and the body to go with it!

Which is why expert Nutritionist Suzy Grant and Denplan chief dental advisor Dr Henry Clover have come up with a new approach towards healthy eating that is specifically designed for teeth. Packed with nutrient-rich ideas, their top tips will not only leave your teeth shining with health but will help you to give your body a boost at the same time. That's surely a great reason to smile!

The secret ingredients

All antioxidants, (A, C and E) but in particular flavonoids, which are 20 times more potent than vitamin C, will help protect gum health whilst foods high in calcium, magnesium, boron, zinc and phosphorous will keep your teeth strong. Calcium is principal mineral in bones and teeth, making it essential for healthy teeth.

A diet high in the primary colours of the rainbow will ensure you are consuming all the anti-oxidants and minerals needed for healthy teeth and gums, so make sure your meals contain a generous helping of orange, yellow, red, purple, and dark green fruit and veg as well as grains, dairy products and plenty of bone-building protein such as fish and meat.



Top ten teeth treats

Water: Essential for transporting calcium and other essential minerals in and out of the cell membranes for optimum dental health.

Cherries, blackcurrants and blueberries: High in bioflavonoids to protect the gums.

Low fat milk and cheese: Calcium-rich for teeth and bones. If you are lactose-intolerant find alternatives made from ewe, goat or buffalo milk.

Tea: The flavonoids in tea are thought to prevent plaque from sticking to the teeth and protect the gums while tannins can inhibit bacteria growth.

Apples: High in vitamin C and boron for strong teeth as well as fibre to help keep teeth and gums clean.



Fish: A mineral-rich and healthy protein for healthy teeth and gums.

Nuts: Especially calcium-rich almonds are high in protein and contain other essential minerals.

Seeds: Pumpkin, sunflower, poppy and sesame seeds are all high in calcium and other essential vitamins and minerals. Look out for breads or crackers containing these seeds.

Pulses: Such as chickpeas (the main ingredient of humus) are high in protein and fibre as well as all the minerals essential for teeth health, such as zinc, magnesium and calcium.

Sunshine: Your body cannot absorb calcium without Vitamin D and the best source is sunshine. Get 15 minutes of sun a day to strengthen your bones and teeth.

The smile diet meal plan

Breakfast

The very berry breakfast smoothie

Blend together:

1-2 tablespoons of mixed summer fruits: strawberries, blackberries, blackcurrants, raspberries, blueberries (ready mixed and frozen is fine)

1 small banana

2 tablespoons of 'live' plain yoghurt or a small glass of milk

1 dessertspoon of ground seeds

Lunch

Tinned sardines on toast with a watercress, spinach and rocket salad

This lunch with a crunch will provide all the calcium, magnesium and nutrients your teeth could possibly need. Tinned sardines pack more of a calcium punch than a pint of milk if you eat the bones. If you don't like fish, eggs provide the most complete protein available in a single source, so have an omelette with a side salad of watercress, spinach and rocket.



Snack

An apple a day keeps the dentist away!
A handful of seeds and nuts for a protein-rich treat.

Dinner

Roast chicken, steamed broccoli, brown basmati rice and Mediterranean vegetables.

Oven-bake, in anti-oxidant-rich olive oil, cubes of aubergine, courgettes, peppers, red onions and tomatoes.



A little cheese served with sugar-free biscuits or, better still, batons of celery, carrots and cucumber for extra fibre and antioxidants.

Fresh fruit salad, yogurt and ground seeds or a bowl of cherries.



*British Nutrition Foundation