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I can't believe it's already July! I hope everyone's staying safe and enjoying this year's mellow summer days. Under some new guidelines, Dr. Mah and the team at Smile City Square Dental have started seeing our patients again and it's already been a month since our reopening!

As we all know, our city and most parts of the world have experienced a prolonged shutdown of many services in order to keep everyone safe during the pandemic. Prevention and safety tips constantly echo around us and we've all had to adjust our routines. The shutdown has also made many realize the many professional services that were in immediate access around us can sometimes be taken for granted and it's helpful to know some simple but helpful knowledge in every aspect of our lives can help protect us and others immensely, especially in times like this.

So I'd like to take this opportunity to share some simple tips I have taught some of our patients that can make a dramatic improvement in protecting your smile and enrich your life.

Thanks again for being with us and we hope to see you again soon!

Diet and Your Teeth

Selecting nutritious foods and having balanced dietary habits are important stepping stones to wellness, and can also help maintain strong, healthy teeth for many years to come. Decisions we can make day-to-day can have significant impact to the longevity of your teeth. I would like to share some thoughts on diet and nutrition, which you can also incorporate into your daily routine that will benefit your oral health.



Calcium, phosphates, and Vitamin D are essential building blocks for our bone, jaws and teeth and are abundant in cheese and yogurt, almonds and broccoli. I mention these foods specifically, as these individual foods contain other elements which benefit your oral health. Cheese also contains casein which strengthens tooth enamel and helps prevent tooth decay. Many yogurts found at the grocery store contain pro-biotic bacteria and help regulate the gut and oral microbiome. Almonds are low in sugar and accumulate less plaque on your teeth, and are high in calcium and proteins that help shield and reinforce your teeth against destructive bacteria. Green leafy vegetables like broccoli are also high in fibre and aid in cleansing the teeth during chewing. They make excellent additions to your meals or substitutions as a snack.

Additionally, certain habits and routines can also positively impact your oral health. Reducing frequency of meals and snacks to no more than 3 to 5 times per day helps reduce acid wear to your teeth. Staying hydrated throughout the day ensures enough salivary production to protect your teeth. Delaying brushing your teeth for at least an hour after your last meal prevents any enamel loss to acids that may still be left on your teeth, but if you need to do a quick brush, quickly rinsing your mouth with water or mouth wash will help stabilize any acids that might remain inside.

Visit the Canadian Dental Association or Dental Hygiene Canada websites for more information that benefit your oral health, or ask our team at your next check-up if a specific product or food can benefit you.