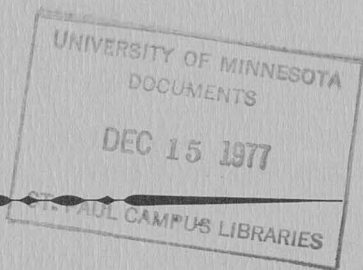
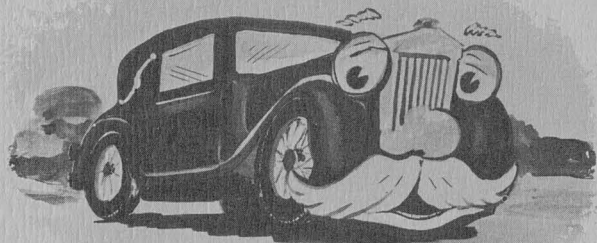


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Nutrition for Seniors

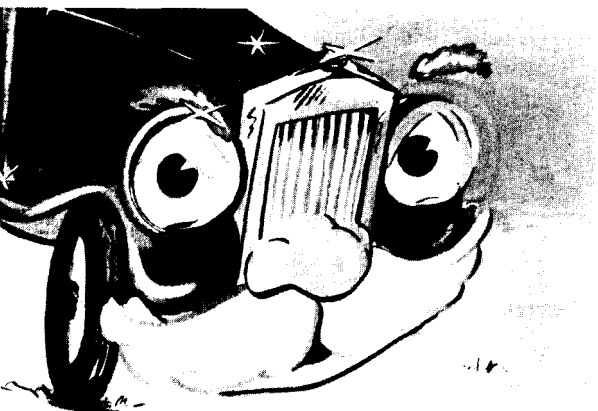


The Importance of Dental Care

Good nutrition and good oral hygiene are two health habits that work together.

Good nutrition can contribute to healthy gums and teeth. And good oral hygiene can help you keep your teeth so that you can chew your food and digest it better. If you have dentures you need healthy gum tissue to wear them comfortably and chew without pain. If you have discomfort, see your dentist.

Chewing isn't the only reason your teeth are important. Your teeth contribute to the shape of your face and jaw and help you pronounce your words.



Avoid frequent use of:

- *Candy*
- *Gum*
- *Dried fruits*
- *Sticky baked goods.*
- *Sweetened drinks such as carbonated beverages or fruit drinks*
- *Cough Drops*

Debris and soft plaque accumulate between the teeth and along the gum line each day. The plaque comes from the interaction of sugars and bacteria in the mouth. A toothbrush cannot clean these areas between teeth so it is important to use dental floss every day.

If the plaque is not removed it will harden into calculus and irritate the gum tissue and the bone that hold the tooth in place. Eventually the tooth may loosen and fall out.

Adults are more apt to lose teeth because of periodontal (gum and bone) disease than because of decay and cavities. See your dentist regularly.

Good snack choices:

- *Crisp fruits and vegetables*
- *Crackers*
- *Nuts*
- *Cheese and Milk*
- *Unsweetened beverages*





Take Care of Your Teeth Every Day

Use dental floss to remove the debris and soft plaque that accumulates between the teeth and underneath the gum tissue.

Brush the surfaces with a soft bristle brush.

Avoid snacking on sweet, sticky foods.

Don't chew or bite hard items such as ice cubes or hard candy.

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Prepared by Mary Darling, extension nutritionist, and Janet Wesselman, registered dietitian, to be used in conjunction with the slide set, "Nutrition for Seniors."