



7 Foods for Good Oral Health



Apples

Nature's Toothbrush!

They boost saliva, sweep away bacteria, and help keep cavities at bay.

Leafy Greens

Popeye's Pick for Super Strong Teeth & Bones

Packed with calcium, leafy greens fortify your teeth and bones, giving you a reason to smile.



Carrots

Crunchy Wonders

They strengthen teeth and neutralise acids, keeping cavities in check.

Cheese

Cheese to the Rescue!

It strengthens enamel, stimulates saliva, and helps fight tooth decay.



Yoghurt

Probiotic Protection

Yoghurt is like a mini army defending against cavities and gum disease.

Nuts & Seeds

The Avengers of Fiber & Calcium

Packed with fibre and calcium, nuts & seeds scrub your teeth while fortifying them.



Bell Peppers

Pepper Power

Bursting with Vitamin C, they're gum-friendly, and their crunch helps keep your teeth squeaky clean.