



# News Notes

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UNITED CONCORDIA® DENTAL

## Fall Foods and Your Oral Health

### How to Enjoy the Foods of the Season without Hurting Your Teeth



Before you know it, the leaves will be changing, the air will be chilly and everyone will be wearing boots and sweaters. Fall brings about some cozy traditions— a lot of which include delicious food!

From pumpkin-flavored everything to autumn holidays, make sure your mouth is prepared for the season's best snacks.

#### **Pumpkin spice and everything nice**

Is it officially fall if you haven't had a pumpkin spice latte? We love these fall drinks as much as the next person, but our teeth... not so much. Make yours a little healthier by asking for less pumps of flavored syrup or substituting 2% milk with a dairy-free option. Another idea is to order a sugar-free latte and add your own pumpkin spice to taste.

#### **Halloween candy: trick or treat?**

When it comes to Halloween candy, some are worse than other. Try to steer clear of chewy, hard and sour candy- they can do a number on your enamel. Stick to treats like dark chocolate and sugar-free candy and gum to help avoid cavities!

#### **Turkey, potatoes and pie... oh my!**

It might seem far away, but Thanksgiving will be here in no time! Thanksgiving foods like turkey and sweet potatoes are good sources of protein and vitamins. Others, like pumpkin pie and cranberry sauce, can contain acid and added sugar. Be mindful of how much you eat in one sitting and try to rinse after your meal.

No matter what foods you enjoy in the fall season, the best ways to curb any negative effects are to make sure you rinse your mouth with water and brush and floss about 30 minutes after you eat. Learn more dental and nutrition tips in United Concordia's Dental Health Center.

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