



Sarah Arnold | Smile Dental

the white smile diet

We are what we eat – and our smiles are no exception.

Have you heard about the latest in the diet world? It's the low cal, low stress and low-staining White Smile Diet. If you're looking to enhance your smile, start by taking a look at what you eat and drink. Basically anything that will stain your clothing will stain your teeth.

Follow these tips for a whiter smile:

- Minimise tea, coffee, cola drinks and red wine.
- If possible, drink through a straw to bypass your teeth.
- Drink lots of water and vigorously swish a few mouthfuls after eating or drinking.
- Brush and floss as soon as possible after eating – especially after dark foods like beetroot, blueberries and raspberries.
- Avoid snacking between meals.
- Avoid prolonged sipping, unless it's water.
- Eat lots of raw vegies like carrots, cucumber and celery. They contain fibre and stimulate saliva, which combine to help keep the teeth clean and reduce staining.
- Chewing sugarless gum also helps to stimulate saliva and clean the teeth.

Now I love having a white smile and I love this diet. But I also love coffee and the odd glass of red. Tending to one's oral hygiene while in a restaurant can be a little inconvenient and indecorous. And, honey, there's no way you're going to get me to sip my espresso or shiraz through a straw! So the other day, when my dental hygienist was polishing my precious porcelain veneer pearly whites, I asked her how to avoid the mid-dinner purple smile, purple lips and – worst of all – the evil Daliesque purple whiskers!



Here are some white smile diet tips for the rest of us:

- Oral B Brush Ups are textured teeth wipes. The slim pack fits easily in your handbag or man bag, purse or wallet. Just rip one out, pop it on your finger, and you can give your teeth a quick brush and polish. Follow up with a good rinse with water.
- Brush Ups are also excellent for giving the lips and wine whiskers a quick buff! Girls, you can then touch up your concealer and lippy as required. Boys, you may like to touch up your lip balm afterwards. You'll find Brush Ups in your supermarket or pharmacy.
- Carry a travel toothbrush, toothpaste, floss and compact mirror in case of food debris/staining emergencies. It'll take less space than your mobile phone and beats buffing your teeth and lips with a serviette or flossing with a bank note.
- Follow the French and Italian tradition and eat salad AFTER the main meal. It's a great healthy way to prevent staining. Just watch out for the greens in between!
- Drinking milk before a meal can provide a protective coating for the teeth, preventing acid damage and staining. And a milk moustache is much better than Dali whiskers!

Keep smiling ;)

Material supplied by Sarah Arnold, Performance and Insight Manager at Smile Dental. www.smiledental.com.au