



## What are the foods that strengthen tooth enamel?

Have you ever wondered how to keep your teeth in good, strong condition? It turns out that your diet plays a big part in how strong your tooth enamel is. The hardest substance in your body is the enamel that covers your teeth.

We'll look at the greatest foods in this piece to help maintain your smile's brightness and beauty by strengthening your tooth enamel.



### **What is tooth enamel?**

Your teeth are protected from damage and erosion by the hard outer layer called tooth enamel. When compared to bone, it is the strongest material in your body. As a barrier, enamel shields the internal surfaces of your teeth from harmful acids, microorganisms, and normal wear and tear.

# Why does tooth enamel get weak?

There are several reasons why tooth enamel can deteriorate, including overindulging in acidic or sugary foods and drinks like soda and candies, which can erode the enamel.

Enamel erosion can also result from acid reflux, which is the passage of stomach acid into the mouth. In addition, certain actions like biting down on your teeth or prying things open might erode the enamel. Maintaining good oral hygiene and eating a balanced diet can help protect your tooth enamel.

## Foods that strengthen tooth enamel:

### 1. Dairy products

Dairy products like milk, cheese, and yogurt are rich in calcium and phosphorus, which are essential for the remineralization of dental enamel.

### 2. Green leafy vegetables

Swiss chard, spinach, and kale are leafy green vegetables that are rich in folic acid and calcium, which support strong teeth. Because of their fibrous nature, you have to chew on them more, which increases saliva production and cleans your teeth naturally.

### 3. Seeds and nuts

Sesame seeds, walnuts, and almonds are excellent sources of phosphorus and calcium, both of which are needed for strong enamel. By encouraging saliva, chewing nuts helps to further shield your teeth.

### 4. Crunchy veggies and fruits

Apples, carrots, and celery are crunchy fruits and vegetables that help remove food particles and plaque. They are sometimes referred to as nature's toothbrushes. Additionally, they promote salivation, which aids in the mouth's neutralization of harmful acids.

### 5. Fish

Omega-3 fats and vitamin D are abundant in fatty fish including sardine, mackerel, and salmon. While omega-3 fatty acids support healthy gums, reduce inflammation, and maintain

the integrity of enamel, vitamin D is necessary for the absorption of calcium.

## **6. Eggs**

Eggs help in the absorption of calcium and phosphorus, which are all necessary for maintaining strong and healthy dental enamel. They are also high in vitamin D

Eating foods that are good for enamel is an easy and efficient strategy to keep your teeth strong and healthy. Tooth enamel is greatly strengthened and shielded by dairy products, leafy greens, nuts, seeds, crunchy fruits and vegetables, fish, eggs, complete grains, and some teas. You can contribute to ensuring your smile remains healthy and radiant for many years to come by practicing good dental hygiene and making thoughtful eating choices.

For more foods detail read the full blog here : <https://www.orisdentalcenter.ae/blog/foods-that-strengthen-tooth-enamel>