



# Take Care of Your Teeth and Mouth

## A healthy mouth is important for good nutrition

A healthy mouth and gums can help you eat a balanced diet while still enjoying the food you like. Weak or missing teeth and mouth pain can make it hard to eat certain foods. This can also increase your risk of choking. Eating healthy foods can help to prevent mouth problems.

### Common Mouth Problems

Oral health problems, such as loose or missing teeth, gum disease, cavities, and chronic health conditions, can affect many older adults. Mouth problems can make it hard to eat certain foods.

#### COMMON MOUTH PROBLEMS CAN CAUSE:

Sensitivity to temperatures (hot or cold foods)

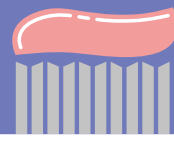
Difficulty chewing foods, especially fresh fruits and vegetables

Pain or soreness when you chew and swallow, especially hard or sticky foods

Dry mouth

## Practice Good Oral Hygiene!

- 1 BRUSH YOUR TEETH TWICE A DAY.
- 2 USE TOOTHPASTE WITH FLUORIDE IN IT.
- 3 FLOSS DAILY BETWEEN YOUR TEETH.
- 4 CHOOSE WATER FIRST FOR THIRST.
- 5 SEE A DENTIST OFTEN.
- 6 DO NOT SMOKE OR USE TOBACCO.



## Protect Your Mouth



- ✓ Visit your dentist one time every 6 months, or more often if directed.
- ✓ Practice good oral hygiene.
- ✓ Eat a variety of food, including low-fat protein, fruits, and vegetables.
- ✓ Do not use tobacco products. If you smoke, quit.
- ✓ Limit alcohol, carbonated beverages, and other sugar-sweetened beverages.
- ✓ Manage any health conditions you have.
- ✓ Talk to your dentist, health care provider, or dietitian to learn more ways to keep your mouth healthy.