

CAMP HILL, Pa. (Nov. 16, 2022) – With Thanksgiving around the corner, United Concordia Dental is sharing advice on how to enjoy your feast and good oral health too. Here are five tips to help ensure healthy teeth are one of the many things to be thankful for this holiday season:



1. **Stay hydrated.** Carry a water bottle with you wherever you go as a reminder to stay hydrated and aim to drink at least 64 ounces of water throughout the day. Drinking water will help wash away food particles and bacteria that can lead to tooth decay.

2. **Add crunchy vegetables to your Thanksgiving plate.** Load up with crunchy vegetables like brussels sprouts, carrots and asparagus. They are packed with teeth-friendly nutrients and can work as a natural toothbrush by scrubbing food and plaque from the surfaces of your teeth.

3. **Snack wisely.** If you snack before or after the big meal, opt to nibble on cheese and nuts instead of sugary treats. The calcium in cheese and certain nuts can help strengthen your teeth and prevent cavities.

4. **Pack a Thanksgiving dental kit.** If you are traveling this Thanksgiving, consider packing a dental kit containing a toothbrush, toothpaste, floss and mouthwash to take with you. This will help you stick to your regular oral health routine no matter where you celebrate the holiday.

5. **Don't stress.** Thanksgiving can sometimes be stressful, especially if you are hosting dinner or preparing food for the meal. Stress can lead to jaw clenching and teeth grinding, which can damage your teeth and cause headaches and mouth pain. Try massaging the muscles along your jawline to relieve tension.

"Many of our favorite Thanksgiving foods, like mashed potatoes, cranberry sauce and pumpkin pie, are a major source of sugar and starch. These foods can get trapped on and between the teeth, attracting harmful acid-producing bacteria that wear away at your tooth's enamel and promote plaque buildup and cavities," said Anthony Warren, DDS, dental director, United Concordia Dental. "The good news is that you can keep your teeth healthy this Thanksgiving by following these simple tips."

For more oral health tips, visit the Oral Health Resources section at [UnitedConcordia.com](https://www.unitedconcordia.com).

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