A Healthy Mouth is Important for Healthy Eating!

Chewing healthy food is hard for people who have dental pain or are missing teeth from cavities and gum disease. Many older adults choose foods that are easier to chew, but don’t have the nutrients they need. Many of these foods are sticky and make cavities worse.

To keep your mouth healthy so that you can have the nutrition you need:

- Brush and floss every day, especially after meals and before bed.
- Limit starchy snacks, sugared candy, or cough drops.
- Have regular dental checkups, even if you have dentures.
- Check your mouth regularly for sores. If you notice a lump, bump, or sore in your mouth that doesn’t heal within two weeks, see your dentist or physician.
- If your mouth feels dry, talk to your dentist, doctor, or pharmacist about healthy ways to feel better such as drinking more water, chewing sugarless gum or mints, or using a saliva substitute.
- Drink fluoridated water and ask your dentist or physician about other ways to get fluoride such as fluoride varnish.
- Don’t use tobacco.

For more information, or help finding a dental provider, call 1-888-4ELDERS or visit www.seniorsoralhealth.org
SENIOR ORAL HEALTH CROSSWORD #1

ACROSS

2 What type of water is best for Dental Health?
3 Use floss or __________ to remove food from between teeth.
8 Large teeth at the back of the mouth used for chewing.

DOWN

1 Toothpaste containing this is best for Oral Health.
4 Brush your teeth at least ______ daily.
5 Harmful buildup on teeth.
6 Regular dental ______ should be scheduled even if you have dentures.
7 Energy Drinks, Cough Drops and other foods containing ______ should be limited.

WORD BANK: Checkups, fluoridated, fluoride, molars, plaque, sugar, toothpicks, twice.

Puzzle #1 – Solutions:
Across: 2. Fluoridated; 3. Toothpicks; 8. Molars