

ladies' LOUNGE

Kick off your heels and dish a little.

THE WHITE SMILE DIET

by nykiaspradley

Admit it, we diet for every other reason under the sun, so why not for whiter teeth?

But this isn't your typical diet. Think of it more as a compromise that will leave you with a brighter smile.

Dr. Timothy Chase a New York City dentist dished on what to eat and what to give up to get your choppers their pearliest.

Do's

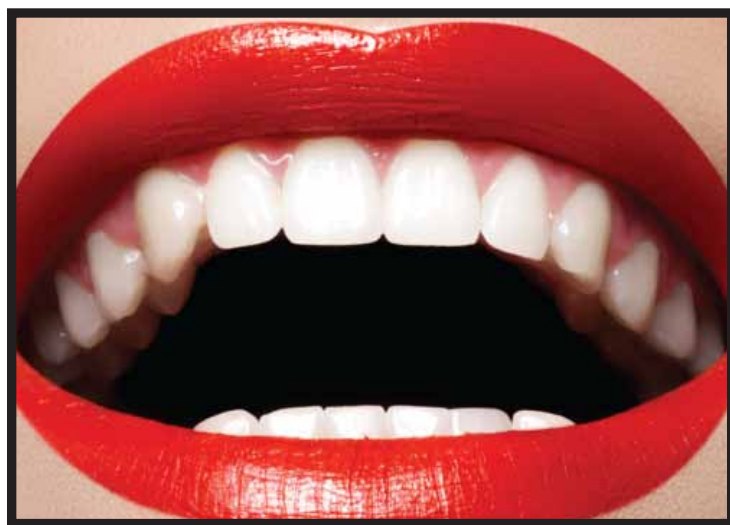
Certain foods help to remove bacteria that cause plaque which hardens into a yellowish tartar if not brushed away soon enough.

◆ Crunchy fruits and vegetables work best because they function as an abrasive scrub for your teeth. They also stimulates the production of saliva, which helps to keep plaque from forming:

- Apples
- Cauliflower
- Carrots
- Celery

◆ Strawberries and oranges are both useful for polishing teeth. Rubbing an orange peel or a strawberry over your teeth, following by washing out your mouth with water will get your noticeable whiter teeth after a few months

◆ Dairy products such as yogurt, milk and cheese contain a lactic acid which may help protect teeth against decay. Hard cheeses are best for whitening since they help remove food particles as well.



Don'ts

◆ It's important to avoid stain-causing foods and substances as much as possible. A simple rule is any food which causes a stubborn laundry stain can stain teeth too. Brushing teeth or at least rinsing one's mouth with water after consuming these foods is a great way to help prevent staining. Foods to avoid include:

- Coffee
- Tea
- Blueberries
- Red Wine
- Soy Sauce
- Tobacco
- Soda