



Carrots

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Carrots is Good for your Oral Health

Like apples, carrots are crunchy and full of fiber. Eating a handful of raw carrots at the end of the meal increases saliva production in your mouth, which reduces your risk of cavities. Along with being high in fiber, carrots are a great source of vitamin A. Top a salad with a few slices of raw carrots, or enjoy some baby carrots on their own.

My Affordable Dentists is reminding you to take good care of your oral health and to visit your Oral Health Therapist and Dentist regularly.