



# Say 'cheese': Eating cheese can help your teeth

## Eating cheese can help your teeth

Did you know that there are more than 1,000 types of cheese? Packed with calcium and able to restore enamel, this dairy product is more than just a tasty topping — it can also offer a boost to your dental health. But before you stock up your fridge, make sure you know your cheeses. Not all types offer the same advantages.

### Champion cheeses

When you're looking for a tooth-friendly appetizer, these cheeses are the real deal.

Aged | Monterey Jack | Cheddar | Soft-ripened | Brie | Camembert | Blue Gorgonzola | Roquefort

### "Take it easy" cheeses

With added sugars and reduced cheese

content, processed cheese products can wear down your enamel, increasing your chance for cavities.

Pre-packaged cheese dips, Cheese sprays, American cheese, The magic behind the cheese

What is it about cheese that makes it so good for your teeth? A number of factors help stop decay.

Calcium and phosphorus strengthen bone. Casein and whey protein build up enamel to prevent cavities.

Chewing stimulates saliva flow to wash away sugar and bacteria.

(Source: [https://www.deltadentalins.com/oral\\_heal.../toc-nutrition.html](https://www.deltadentalins.com/oral_heal.../toc-nutrition.html))