



# Green Tea

has antioxidants that may be responsible for slowing down the effects of gum disease.

## GREEN TEA MAY BOOST DENTAL HEALTH

Try tea! Hot or cold, tea has been shown in recent studies to be beneficial to your oral health.

Looking for a caffeine boost? Consider swapping out your daily coffee for a cup of green tea. As it turns out, the brewed drink may improve your oral health.

Drinking green tea every day can offer protection against gum disease, according to a 2009 study that examined the oral health of 940 men in Japan. Nearly every participant who drank at least one cup of green tea a day experienced a decrease in gum recession and bleeding. Both symptoms are indicators of gum disease. The researchers suggested that the antioxidants in green tea may be responsible for slowing down the

effects of gum disease.

What's more, drinking green tea may also lower your chances of oral cancer. By analyzing the results of 19 recent studies, a 2014 meta-analysis found a significantly lower risk of oral cancer among participants who drank green tea.

But before you load up on green tea, don't forget to skip the sweeteners. Sugar and honey still promote cavities, even when you drink them with green tea.

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