

PORTLAND, OR, September 19, 2013 /**24-7PressRelease**/ -- When it comes to helping people to look their best, [Dr. Mo Saleh](#)

knows that dental health is important. If people are not confident in their smile, it can impact their self-esteem. Having whiter teeth can improve one's smile, and there are many ways to achieve this look. Many dentists provide professional whitening treatments that can give people the look they desire. There are also a variety of over-the-counter products available that can help to brighten teeth.

"Having your teeth professionally whitened can make it easier to keep them this way," says Dr. Mo Saleh. "The dentist can use stronger solutions than are available over-the-counter, and this can help to remove tough stains and really brighten teeth. This makes at-home maintenance more effective." A recent [article](#) on Joy Online reveals a variety of foods that can help to naturally whiten teeth.

Many people know that coffee, dark berries, tomato sauce, red wine, and other foods can stain their teeth, but they might not realize that there are some foods that can actually keep teeth brighter. Fruits such as apples, oranges, pears, and strawberries are beneficial. Both apples and pears contain a lot of water and stimulate saliva production. This helps to wash away stain-causing particles and bacteria, thus keeping teeth cleaner. They can also reduce odor-causing bacteria. Strawberries contain malic acid which works to naturally remove surface discoloration. Oranges contain citric acid that can also help to whiten teeth, but too much can deteriorate the protective enamel. They contain high doses of vitamin C that are beneficial to overall health, however.

Vegetables such as celery and carrots have a similar effect as apples. They are crunchy and contain a lot of water. In addition to stimulating saliva production, they also help to strengthen gums. Broccoli florets naturally scrub away surface debris and help to keep teeth cleaner and brighter. Even though eating onions can result in temporary bad breath, they are colorless and will not stain teeth, and they often prompt people to brush afterward. This brushing can help keep teeth looking whiter.

Calcium helps to build stronger bones, and teeth are similar to bones. They too benefit from calcium. Eating yogurt and cheese and drinking milk can provide the body with necessary sources of this essential nutrient. These foods also will not stain teeth. Some calcium-rich foods such as spinach do contain stain-causing pigmentation, however.

Another great way to keep teeth whiter and brighter is by drinking water. By drinking water

throughout the day, the mouth stays hydrated, and this is beneficial to teeth and gums. Water also helps to remove food particles and debris from the teeth before they have the chance to cause stains. It also washes away bacteria and lowers the acidity in the mouth. This can help to keep teeth healthier and stronger.

"Just as what you eat affects your health, it also affects your teeth," says Dr. Mo Saleh. "Certain foods are harmful to the teeth, but others are beneficial. It is important to remember to eat things in moderation and to follow up with drinking water and brushing. Once your teeth are whitened, these foods can help to keep them that way longer." Dr. Mo Saleh encourages people to talk to their dentist about additional strategies for keeping their teeth healthy, strong, and stain-free.

ABOUT:

Dr. Mo Saleh is an experienced dental professional with a wealth of training and experience. He is committed to staying on top of the latest trends and developments within the field to provide patients with high quality care. He was one of the first dentists in the United States to begin using metal-free dental implant technology, and he was the first to acquire 3D Cone Beam Imaging technology. He is the owner of Dental Dynamics and Optima Dental where he focuses on providing implants, sedation dentistry, and cosmetic dentistry services.